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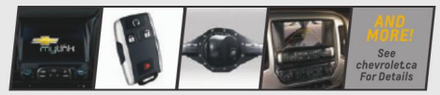

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Conversations with Canadian leaders

Thomas Mulcair speaks out PAGES 12, 13, 17

'Toronto is Canada's most important city'

Three times as many: Catholic schools take more non-Catholics

Education. Cheaper fees, better access touted by parents

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Erica Lewis-Baird sends her son Marcus to a Calgary Catholic school despite him not being Catholic.
JENNIFER FRIESEN/METRO

Erica Lewis-Baird's stepdaughter is Catholic, but goes to a public school.

Her son Marcus is Christian — not Catholic — but goes to a Catholic school.

The latter spends about seven minutes a day on prayer and religion, but that will soon intensify as he enters high school and will be expected to take whole courses devoted to theology.

Lewis-Baird isn't overly thrilled with that prospect, but has few regrets. She pulled Marcus from the public system right from the outset after an incident in kindergarten.

"They're actually taught better in the Catholic system ... he knows it's a better system," she said of her son.

There are also cost implications for some families, Lewis-Baird surmises, as the Calgary Catholic School District charges $215 annually for busing and $80 for noon supervision. The Calgary Board of Education, by comparison, charges $330 for busing and $280 for supervision.

"If people can't afford it and they have two or three kids they will go to a different school to save $700," she said.

Marcus is among a growing contingent of "non-resident" students attending Catholic schools, according to data provided to Metro that dates back to the 2008-09 school year.

At that time, there were 1,490 non-Catholics, making up about 3.3 per cent of the district's total student population. This year, there are 4,658 kids fitting that bill and they make up nearly nine per cent of the student population.

Many public-school parents questioned by Metro in recent weeks have said they didn't even know sending their children to the community separate school was an option.

The Catholic district's website doesn't exactly advertise the ability to do so — for registration states that a child's birth certificate is "required" and that one parent's Catholic baptismal certificate is "requested."

Trish Overwater said she was asked for such a certificate when enrolling her two younger boys in her community Catholic school.

"The question was there, but I told them we're not Catholic," she said.

Tania Younker, spokesperson for the Catholic district, did caution that some of the students in the non-resident category could be actual Catholics that live outside the designated school boundary. Even still, she said that non-Catholics are welcome in their schools, although those families with a valid baptismal certificate are given priority in situations where a school is at full capacity.

As well, the registration form signed by non-residents acknowledges "that religious instruction exercises and religious material are used and that religion permeates the school program."

For Overwater, the grade configuration in the separate system was more appealing, as it allowed her youngsters to stay in elementary until completion of Grade 6, unlike the public school nearby, which only ran to Grade 4.

Overwater, a teacher herself, said she doesn't agree with having two school systems anyway.

"I just find it shocking ... it's such a waste of money," she said. "Why don't the Muslims get a publicly-funded school system? I find it shocking that it's a form of religious discrimination that's allowed."

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Crime. Man shot dead by police inside northeast hotel room

A Calgary police officer shot and killed a man Monday afternoon after responding to a call at a northeast hotel and being confronted with a "high-risk situation," according to the police chief.

Police arrived at the Super 8 in the 3000 block of Barlow Trail NE just before 3 p.m. for what Chief Paul Cook described as a check-on-welfare call.

Hotel staff had reported "a man behaving strangely," Cook said, and when officers arrived they found a man inside a locked room.

"The man appeared to be agitated and in medical distress," Cook said.

Due to what the chief described as "exigent circumstances," the officers "took action to enter his room in order to provide him with assistance."

Upon entry, Cook said the officers "were confronted with a high-risk situation" and "a less lethal use of force was deployed" but it "did not subdue the man."

"The situation escalated and, as a result of his actions, a service firearm was discharged," Cook said. "The man died at the scene."

The chief declined to get into specifics regarding how many shots were fired, the age of the man who was killed, whether he was armed with a weapon, and the precise number of officers involved.

The Alberta Serious Incident Response Team (ASIRT) is investigating the incident.

ROBSON FLETCHER/METRO

Erica Jacobs hangs out in downtown Calgary near Riverfront Avenue SE underneath the Fifth Avenue Bridge. MORGAN MODJESKI/METRO

Expert bringing lady skaters to forefront

Recreation. Erica Jacobs hoping 100% Skate Club helps women and girls feel part of a boarding community in Calgary

HELEN PIKE
helen.pike@metronews.ca

Coasting down Calgary streets in skirts and Converse sneakers, female skaters still turn heads, and there's a community ramping up to help them land friendship, support and advice.

Although it's still in the beginning stages, the girls' skate club is a concept meant to put Calgary's lady boarders on the map.

Erica Jacobs, founder of the 100% Skate Club, said she's seen the women's community fizzle, so she thought, as an ex-professional, it was time to get rolling and bring girls back into the forefront.

"I'd like to see if there are other girls and women out there that want to come together as a community," Jacobs said. "I can name on one hand the amount of girls I know that still skateboard regularly … that I know, so I'm assuming there's more out there and they just don't have an outlet to go to."

Jacobs started skating in her 20s, competing at the national level, and sat on the board of the Calgary Association of Skateboarding Enthusiasts. Now 35, she's also served as a coach for male skate teams and, although she had fun, said she's "tired of skating with the boys."

It's part of the reason Jacobs wants to help bring women together.

Skateboarding in Calgary is largely a guys' sport, she said, and although her male counterparts are kind at the skate park, her heyday of skating with a crew of women was some of the best times she'd spent on her deck.

The club will meet two Wednesdays out of every month — once at Shaw Millennium Park and the other time at Westside Ramps.

Jacobs said she also hopes, once the group gets going, that they can bring in guest boarders to help young women hone their skills.

"I think it would be a great atmosphere for growth and learning — that's what I want to focus on," she said.

She also hopes to show the public — especially parents of young women — that skateboarding isn't a sport full of ruffians and that it's an activity fit for anyone.

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"Now that I'm finished and I see what my future is, I wouldn't change anything... I think it was the best decision I ever made." – Darlene K, RCT, Stenberg grad

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Man charged with child luring, sex assault

Calgary police have laid charges against a man accused of luring a 10-year-old boy through text messages.

Staff Sgt. Robert Rutledge said the disturbing case came to light after the boy's mother called the city's Child Abuse Unit when she found sexual messages containing child pornography on her 10-year-old son's cell phone.

Rutledge said police speculate the boy came across notes left by the accused in Queen's Park Cemetery; the notes allegedly detailed sexual acts and had a cell phone number for people to contact.

"The mother reported it to the Child Abuse Unit because she was concerned about her son's behaviours surrounding his cell phone," Rutledge said. "He seemed to be overly possessive and was spending a lot more time than usual on the phone, so she became suspicious of what was going on."

While police speculate the child was merely curious when he began communicating with the accused, unfortunately the correspondence led to a personal meeting where the boy was sexually assaulted.

"We're calling it child's curiosity, which turned into a crime of opportunity," Rutledge said. "Unfortunately the child was taken advantage of by someone 40 years older than him."

The investigation began in January and police were able to narrow down suspects after linking the child luring case to the sexual assault of a woman in Queen's Park Cemetery, which occurred in July 2014.

Rutledge said the same suspect — who has been identified as 50-year-old Anthony Goulden — was alleged to have ran up behind the woman naked while she was visiting a grave and demanded she take off her clothes. Police said the woman was able to scare him off by screaming and yelling.

ANNA BROOKS/FOR METRO

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"I still think 50 per cent is better for students who are going to post-secondary because that's what they're going to do in university ... It prepares them for post-secondary."

Kayla Oh, a Grade 12 student at Western Canada High School

Grade 12 student Kayla Oh will be among the last students in Alberta to write a move to tests worth 30 per cent is a good one. ANNA BROOKS/METRO

Reaction diploma

Education. Weighting of Grade 12 exams to drop to 30 per cent from 50

JEREMY NOLAIS
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Students and education advocates alike awarded top grades to the announcement Monday that Alberta's Grade 12 diploma exams would no longer account for half of a student's year-end mark.

Starting in the 2015-16 school year, the tests, which are written in all core subjects at the end of the fall and winter semesters, would account for 30 per cent of a student's final grade.

That move came as a big relief to Centennial High School student Syameena Pillai, who, despite only being in Grade 11, was already dreading the diplomas awaiting her next year.

"I don't think, being in high school, we're ready for that weight on our shoulders.... I think it's better for university than it is for high-school students," Pillai said.

Monday's announcement came after more than 80 per cent of the school boards backed a motion in mid-November that called for the reduced weighting. The Alberta Teachers' Association has been making similar requests for decades.

Despite that, Alberta Education Minister Gordon Dirks told Metro in a December interview there was "no anticipated change on the horizon" when it came to the high-stakes tests.

On Monday, however, the minister sang a different tune.

"A student's final mark may impact their being accepted into post-secondary education and their final mark may impact if they

diploma exams worth 50 per cent of their final grades. She, however, doesn't think

mixed on changes

achieve high-school completion," he told reporters in Edmonton.

"Many Canadian provinces place less emphasis on Grade 12 exams or do not have diploma exams at all, and their students do just as well overall as Alberta students on interprovincial rankings," he added.

A Metro analysis done in December found Alberta was largely alone in its lofty marking scheme.

Newfoundland still administers 50-per-cent tests for core subjects and history. B.C. and Saskatchewan, meanwhile, award 40 per cent of Grade 12 grades based on year-end testing performance.

Other provinces, including Ontario, have students write a literacy exam earlier in their high-school years that they are required to pass to be eligible for a diploma.

But Kayla Oh, a Grade 12 student at Western Canada High School, said she wasn't convinced the new marking scheme will be better.

"I still think 50 per cent is better for students who are going to post-secondary because that's what they're going to do in university," she said. "It prepares them for post-secondary."

Joy Bowen-Eyre, trustee chair for the Calgary Board of Education, said she believes grades will now better reflect a year's worth of effort and learning. She has two kids in high school, one who will write the last series of 50-per-cent diplomas and one who will write the new 30-per-cent tests in a few years.

"You get a better sense of what they truly know and how they can apply that knowledge in different forms throughout the whole semester," she said.

WITH FILES FROM LEAH HOLOIDAY AND ANNA BROOKS

Education

Five candidates to vie for vacant trustee seat

Five people have tossed their name into the ring to replace Sheila Taylor as Calgary Board of Education trustee.

Taylor resigned her wards 11 and 13 post to run for MLA in October, where she ultimately lost.

Now, Julie Hrdlicka, Karen Lloyd, Sean McAsey, Victoria Morgan and Wilf Phillips will challenge to replace her.

Candidates have 24 hours to withdraw their names from the ballot.

The trustee byelection is due to take place April 13.

METRO

On the web

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Charity

Golf legend Mike Weir to host charity event

Golf fans can look forward to a visit from PGA golfer Mike Weir, who picked Calgary to host his annual charity tournament for the Alberta Children's Hospital Foundation this summer.

Weir commented that he is looking forward to bringing the Mike Weir Miracle Golf Drive for Kids, and said he hopes the community will come together to support an important cause.

"I am confident this great community will rally behind the kids who need the Alberta Children's Hospital," Weir said. "We are looking forward to a very memorable — and meaningful — day of golf."

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Family fighting to keep pups

Condo bylaw. Dad brought two dogs for daughters' emotional support during divorce, but board says they have to go

HELEN PIKE
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A Calgary family in their condo board's dog house is asking for help to begin a legal battle over two small pets they say are on the premises for emotional support.

Berklee Sadden and her younger sister were having a tough time when their parents' marriage began to crumble, so the family bought a dog to comfort the pair.

The condo they live in, which is the only home father Garry Sadden said the kids have known, allows only one dog — or two cats — with strict conditions that animals are licensed and proof is sent in with an application.

Things got tricky when Garry brought two new puppies into the mix. The girls were overjoyed to have their own pups, as Berklee said they helped with their anxiety.

"I like dogs more than people; they help me a lot more," said Berklee. "I sleep with my dog every night and she helps me cope with the stress."

She added that her younger sister Briyah had trouble sleeping, thinking about how her mother was no longer in the family unit, before she had a puppy of her own.

Berklee and her sister Briyah Sadden cuddle up to their furry family members. CONTRIBUTED

The family has always considered their dogs to be emotional-support animals, but the condo board has slapped Garry with an eviction notice — not for him, just the dogs.

Vincent Green, the condo board president, would not comment, as the board is pursuing legal action.

In numerous letters explaining the situation back and forth, there's one thing that could resolve the family's breach of the condo bylaw: certifying the two pets as service animals.

But that's something the Government of Alberta has told Garry isn't possible, as the dogs were not trained by an accredited Assistance Dogs International training facility.

The family, meanwhile, has set up a gofundme.com page to try and raise money for the legal expenses.

Garry said moving from the condo is not financially feasible, as it's still tied up in divorce proceedings.

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NDP calls for police probe

The NDP continued to call for the premier to bring in the police to investigate bribery allegations in an Edmonton PC nomination contest.

The party is reviewing the nomination process in Edmonton-Ellersie amid claims the incumbent MLA Naresh Bhardwaj attempted to mislead a challenger's supporters and offered a $10,000 bribe to one through a proxy in order to undermine the challenger's campaign.

These allegations haven't been proven.

Edmonton-Ellerslie MLA Naresh Bhardwaj THE CANADIAN PRESS FILE

NDP MLA Brian Mason said the premier should call in the police to determine their validity and his refusal to do shows the party isn't being transparent.

"The Tory party hasn't changed. It still deals with its dirty laundry behind closed doors," he said.

Mason said the premier has a duty to bring these allegations to the police, but if he doesn't the NDP will consider it.

"I don't want to let him off the hook just yet. He is the leader of that party. He is the premier of Alberta and I want him to take his duty and responsibilities seriously," Mason said.

RYAN TUMILTY/METRO

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Calgary is proposing a new car-share-specific parking policy that car2go largely welcomes, despite some "concerns" over particular aspects of the proposed new rules. JENNIFER FRIESEN/FOR METRO

Calgary policy could confuse parking rules

Car sharing. Intended to better distribute its vehicles throughout the city, car2go worries new initiative may confound customers

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More than two million car2go trips have now been made in Calgary but many people are still unclear on exactly where and when the tiny vehicles can be parked, something the local manager of the car-sharing service worries a proposed city policy may exacerbate.

"It could possibly cause some confusion," Jon Wycoco said Monday of the policy, which aims to reduce "clustering" of car-share vehicles downtown.

The policy would mandate that car2go vehicles occupy no more than 25 per cent of available space in a given ParkPlus zone, averaged over a month.

While the move would largely put the onus on car2go staff to ensure the vehicles are more evenly distributed, Wycoco said it would "add a layer of complexity" to the already poorly understood parking rules for customers.

The terms of service are laid out in the car2go members' agreement, he said, but a "severe communications issue" persists around parking, specifically, as regulations vary from city to city and are relatively complex.

The company already employs people to disperse vehicles at certain times in Calgary but Wycoco said it's unclear how the 25-per-cent requirement would impact its operations.

That said, Wycoco added he's happy the city is working on a car-sharing specific policy and welcomed Calgary's simultaneous plan to look at allowing the small vehicles to park in so-called "buffer space" near downtown intersections where parking is currently prohibited.

The Calgary Downtown Association would welcome any increase in parking, according to executive director Maggie Schofield. She said the lack of available stalls remains a major barrier for many would-be patrons of core-area businesses.

Overall, Schofield said car2go has been a positive addition to Calgary, as use of the car-sharing service is believed to reduce the total number of vehicles on city roads, but the "clustering" of the branded cars creates a perception problem.

"People say, 'Well I can never find a parking spot and it's always filled with a car2go car,'" she said. "And of course, they're so visible that there's no denying there's an entire block or two that are filled with car2go cars."

The city's transportation committee will discuss the new policy Wednesday.

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As a patron, how important is safety for you when you go out?

I think it's huge. Especially if you're having a fun night, you don't really consider a lot of things. So if it is already there, you don't have to worry about it.

Some people don't believe that a fun night out can also be a safe night out. As a server, how do you make sure that both of those things happen?

If someone at my table has had too much to drink and drive, I personally will ask if I can call them a cab. So that's how I personally do it.

In your day to day, how do you work to support the Best Best Bar None program and ensure people are safe?

I like to have fun with all of my customers and make sure they have a good time, but I make sure they get home safe, especially working late at night on the party nights here. I just make sure that I am aware of everything else personally.

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Hudson's Crowfoot is a partner in Best Bar None Calgary, a coalition of Bars, Pubs, and Restaurants dedicated to making your night out safer.

Latest Casablanca site dogged by drug deals

Movies. Last remaining video store in the city to reopen by May in third location

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Casablanca, Calgary's well-known video rental store, was battling with more than Netflix and on-demand television at its most recently vacated location, says the owner.

Sheryl Guillaume moved Casablanca from its long-time home in Marda Loop to a spot along Macleod Trail South in June after her husband and store founder, Jon Lord, died the previous March.

She said her hope was the new facility, the last of its kind in the city, would lead to blockbuster sales, but it wasn't meant to be — at least initially.

Sheryl Guillaume, owner of Casablanca, is seen in this file photo. METRO FILE

In response, Guillaume spoke out through a number of media outlets, pleading for movie buffs to support the mainstay on the Calgary movie scene.

"Calgary, if you want this, come and show your support in the next couple of weeks, so I know I can find a place," she told Metro in mid-February.

Naturally, the city's film crowd responded and sales tripled, Guillaume said.

But, she added, she couldn't bear to stay at the location.

"If you want to get drugs it was out in the parking lot," she said.

"Then, they test it out and it vents right into my building ... in December, I had eight pot-smoking-free days, where it was clear no one had smoked pot near my store."

Guillaume and her team officially moved out Sunday.

Now, she's considering two even bigger sites, both roughly 4,000 square feet, and she hopes to include a screening room in the new location.

Guillaume wouldn't say exactly where Casablanca would roll out its third act, but said both locations are in the vicinity of Macleod Trail and situated between 58 Avenue SW and Southland Drive.

She hopes to reopen in late April or early May.

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SAIT POLYTECHNIC

Court. Accused nearly aborted B.C. bomb plot

A couple accused of plotting to attack British Columbia's legislature on Canada Day considered backing out with just hours to go, but with the bombs ready and powerful associates expecting them to follow through, they concluded it was too late, their trial heard Monday.

John Nuttall and Amanda Korody, who are now on trial for terrorism-related offences, were captured by a hidden RCMP video camera in a hotel room on Vancouver Island on the evening of June 30, 2013. In just a few hours, they expected to drive an hour south to Victoria to plant homemade pressure-cooker bombs on the legislature lawn.

In the video, Nuttall becomes increasingly agitated as he complains that an Arab businessman and his accomplices — all undercover RCMP officers — have pressured them to rush their attack.

Nuttall's main concern appears to be that the attack is poorly planned because they weren't able to take their time to make it better.

Nuttall and Korody have both pleaded not guilty to four terrorism-related charges. THE CANADIAN PRESS

ISIL mission

Feds near decision on extending role

The federal cabinet is poised to decide on an extension to the combat mission against the Islamic State of Iraq and the Levant and, should it be approved, several defence sources say it likely would involve a commitment of more than six months, possibly up to a year.

Defence Minister Jason Kenney wouldn't indicate which way the debate is going, but said a verdict will come in the near future and that "we're considering various options."

The mandate for the existing mission will be expiring within the next few weeks. THE CANADIAN PRESS

Canada, U.S. reach deal on pre-clearance customs pact

Travel. Deal sets path for allowing customs agents to work on both sides of the border

Travel to the United States by road, rail and sea could undergo a major revamp as the result of a new agreement between Canada and the U.S.

Public Safety Minister Steven Blaney and Homeland Security Secretary Jeh Johnson have signed a customs pre-clearance agreement that was years in the making.

The arrangement would allow customs agents to work in each other's countries, which means they could screen passengers away from the border and ease the choke points.

That process already exists in air travel, at eight airports. People can clear U.S. customs in cities such as Vancouver, Toronto and Montreal and then, when they land, skip lines in U.S. airports.

Cargo trucks cross the Ambassador Bridge from Detroit, left, leading into Windsor, Ont., right, in January. CARLOS OSORIO/THE ASSOCIATED PRESS

The countries had signalled their intention to expand that arrangement to land and sea travel as part of the 2011 Beyond the Border deal between Prime Minister Stephen Harper and President Barack Obama.

But they missed a late-2012 deadline to reach a legal agreement that would let law enforcement officials operate inside the neighbouring country.

A little more than two years later, they have finally reached that deal.

"This historic new agreement builds on decades of successful pre-clearance operations in Canadian airports," Blaney said in a U.S. Department of Homeland Security statement. "It will enhance the security at our border and create jobs and growth in Canada by improving the flow of legitimate goods and people between our two countries."

Maryscott Greenwood of the Canadian American Business Council said the agreement will use modern technology to speed up things at the border.

"It's dramatic, it's historic, it's a big day in Canada-U.S. relations," she said.

The statement says the agreement applies to all modes of transport, potentially even passenger vehicles. It also says customs agents will be allowed to carry firearms in each other's countries. THE CANADIAN PRESS

Implementation

While the deal has been struck, it didn't highlight several conditions to moving forward. These include the legislation required from both governments, budgeting for new infrastructure and commitment from the private sector.

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ELIZABETH BEDDALL/METRO

MetroTalks Thomas Mulcair

The NDP leader takes on Trudeau, Harper and the polls

MULCAIR IN FULL FIGHT MODE

ROSEMARY WESTWOOD
Metro in Toronto

Polls be damned.

As far as Thomas Mulcair (or "Tom," as he likes to be called) is concerned, it's the pit bull versus the prime minister in the upcoming federal election.

"People want change. They say, 'When are you going to get rid of that bleep bleep Harper,'" the NDP leader said during a wide-ranging interview with Metro.

Often at ease, approachable and personable, Mulcair's trademark aggression (which won him the nicknames "Pit Bull" and "Grizzly") flipped on when he spoke of the prime minister.

"Stephen Harper is my adversary. He's the one doing the damage to Canada's international reputation; he's the one who's hurting the average Canadian working family; he's the one who's damaging the environment."

Harper's recent battle against the niqab and his assertion that it comes from an "anti-women culture" is reprehensible, Mulcair said.

"It leads to the feeling that it's OK to be Islamophobic," he added.

Harper aside, Mulcair has another fight on his hands in the headline-grabbing campaign of Liberal Leader Justin Trudeau.

Despite recent polls showing either the Conservatives or Liberals leading, Mulcair downplayed Trudeau's appeal and attacked him for a lack of leadership and his tepid support of Bill C-51.

"I'm the leader of the official Opposition," Mulcair said. "We're the only ones who have ever been able to stand up to Mr. Harper."

Besides, the NDP has "always fought for every column inch," he added.

Pundits warn that Harper could ride to yet another victory if the Liberals and NDP split the progressive vote. Mulcair said his party has been open to working with the Liberals to prevent that.

He extended the invitation in a speech one year ago, and then again in December. Both times the Liberals "slammed that door," Mulcair said.

"So my priority is getting rid of Stephen Harper. Justin Trudeau's priority is Justin Trudeau," he said. "The public will know that as they head into this election campaign."

They'll also need to know more about him.

Mulcair doesn't have Harper's longevity, Jack Layton's popularity or Trudeau's celebrity. As he puts it, Trudeau's more Vanity Fair, while he's more National Geographic.

What he does have is as much quirk as bite, cutting a grandfatherly figure in a dark suit and an orange tie dotted with tiny blue dolphins, doodling a small flower while listening to a question.

Quick with sound bites, he's also a natural storyteller fond of historical interludes to illustrate a point (such as the NDP's role in founding public health care).

And he is, he says, principled before strategic.

"When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you," he said.

It remains to be seen if that will be enough to win.

‘As Toronto goes, so will go the rest of our economy’

JESSICA SMITH CROSS
Metro in Toronto

Thomas Mulcair, a Montrealer, isn’t afraid to say that Toronto is Canada’s most important city.

In an interview with Metro’s editorial board on Monday, the NDP leader spoke about his cross-Canada urban strategy that recognizes the importance of Canada’s major cities to the country and its economy — Toronto above all.

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make,” said Mulcair. “It’s a simple fact. Toronto is Canada’s most important city. It’s the key driver of our economy; as Toronto goes, so will go the rest of our economy.”

He recited a litany of facts to support that: the Greater Toronto Area has more than six million people; Toronto contributes 20 per cent of Canada’s GDP; and along with Montreal and Vancouver, the country’s three biggest metropolitan areas make up just over half of Canada’s population.

Mulcair said residents of Canada’s other cities shouldn’t take his Toronto appreciation badly because it’s part of a larger urban plan that recognizes the importance of all of Canada’s cities.

“When we’re talking about transit, I’m not excluding Calgary, Edmonton, Vancouver or Montreal. I’m saying every city in this country deserves to have a modern transit system, which we don’t have,” he said.

Quoted

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make.... It’s the key driver of our economy.” NDP Leader Thomas Mulcair

To support Toronto — and the country’s other major cities — an NDP government would work with provincial and civic leaders to support affordable housing, devote one extra cent of the gas tax to major cities’ transit and create new child-care space, Mulcair said.

In Toronto, that means 164,000 new GTA daycare spots over eight years; about $90 million a year for transit; and a commitment to help fund a solution to the massive social-housing repair backlog.

Before coming to Metro’s newsroom, Mulcair spent a half-hour in Toronto Mayor John Tory’s office Monday afternoon discussing those issues. Afterward, Tory praised Mulcair for being upfront about Toronto — something, he noted, other politicians have been hesitant to do.

Tory himself admitted that in his days before being mayor, when he was CFL commissioner, he’d tell people from Western Canada he’s from “North York” so as not to disclose he’s from Toronto.

In quotes. Mulcair on terrorism, the youth vote and climate change

The youth vote

• “Young people today finishing their studies are finishing with $60- to $70,000 in debt. When are they supposed to start a family if that’s what they want for themselves?”

• “We have a generation now that’s earning less than their parents and grandparents. The biggest inequality in our country is between generations.”

• “In the last election, 65 per cent of young people aged 18 to 25 stayed home — two out of three. That worked out very well for Mr. Harper, by the way, because when young people stay home, the right wing wins and democracy loses. We have to change that.”

Racism and Islamophobia

• “We’re a country of immigrants. My wife is an immigrant to Canada. It’s becoming a more and more closed place under the Conservatives.”

• “Mr. Harper’s singling out of the Muslim community has been, I think, one of the worst things I’ve seen in my political career.”

• “If you have the highest elected official in the country openly using terms that can lead to Islamophobia.... I find it reprehensible, it’s abject, and I never thought I’d see it in Canada.”

Terrorism and Bill C-51

• “This is a horrible piece of legislation, very dangerous to our rights and freedoms.

• “I’m not trying to understate the importance of fighting terrorism. This is a real issue that requires real solutions.”

• “When you have convictions, you have to have the courage of those convictions, even when it’s tough, even when you’re being told that the polling numbers are completely against you.”

• “You’re opening yourself up to First Nations groups, environmental groups, social activists being snooped on, having their privacy, their private life snooped on, because they’re doing what’s supposed to be normal in a free and democratic society.”

The importance of cities

• “I think the best plan is to have a federal government that works with the provinces and territories.”

• “People have to understand the importance of coming to grips with issues like gridlock.”

Environment

• “I would love nothing more than if my first act as prime minister of Canada would be to attend the COP 21, the Conference of the Parties to Kyoto, in Paris in December of this year. I firmly believe that this is the defining issue of our times, because it’s the future. This is the one that’s going to resonate for generations and generations to come if we don’t get it right. And we have to get it right.”

• “Canada is the only country in the world to withdraw from Kyoto, and I think that’s scandalous.”

ROSEMARY WESTWOOD/METRO

Prime mug

I challenge you to a ... beard

LUKE SIMCOE
luke.simcoe@metronews.ca

It’s been more than 100 years since the highest office in Canada was held by a man with a beard — not since Mackenzie Bowell left office in 1896.

Thomas Mulcair is itching to change that.

“I think it’s long overdue,” he told Metro on Monday, a wry smile peeking out from beneath his whiskers.

The NDP leader first grew a beard when he was 18 in a bid to look older during his first year of law school. Since then, he’s shaved it only once, in 1978.

“Not one of our friends recognized me,” he said.

Metro asked Mulcair to draw some facial hair on his two opponents in the upcoming election: Liberal Leader Justin Trudeau and Prime Minister Stephen Harper.

Trudeau’s mug received a five o’clock shadow in Liberal red, while Mulcair gave Harper a full beard in green.

“I’ll give Mr. Harper a green beard, so maybe he’ll think a little bit more about the environment,” he joked.

Asked to choose his favourite celebrity facial hair, Mulcair went with newly grey-whiskered Stephen Colbert.

NDP Leader Thomas Mulcair and his wife Catherine Pinhas inspect celebrity beards, top. Below: Mulcair gives his opponents, Liberal Leader Justin Trudeau and Prime Minister Stephen Harper, some facial hair of their own.

3 things Catherine Pinhas thinks you might not know about her husband

“That he’s very kind.”

“He has a job as official Opposition. He has no choice; he has to stand up and react. They might be surprised to know that he’s shy. Sometimes you’re going to see him feel a little bit uncomfortable if people say kind words. He feels a little embarrassed, I guess.”

“He is principled, and he’s a loving person.”

ALL PHOTOS: ELIZABETH BEDDALL/METRO

ISIL using gas attacks: Kurds

Middle East. Kurdish officials say independent lab determined militants have used chlorine gas

Kurdish forces in Iraq are investigating two other possible chemical weapons attacks by the Islamic State of Iraq and the Levant (ISIL), a top official said Monday, as authorities put an Iraqi offensive to retake Saddam Hussein's hometown on hold.

The two purported chemical-weapon assaults resemble one claimed Saturday by Kurdish officials who say an independent laboratory concluded the militants used chlorine gas against its peshmerga forces in a Jan. 23 truck suicide attack. However, their claims were not immediately verified by international authorities.

Iraqi officials and Kurds fighting in Syria have made similar allegations about the militants using the low-grade chemical weapons against them. ISIL, which controls a third of Syria and Iraq in its self-declared caliphate, has not commented on the claims.

Gen. Aziz Wesi, in charge of a Kurdish special-forces brigade, told journalists Monday that authorities declined to immediately discuss the two newly announced attacks when they happened on Dec. 26 and Jan. 18 out of fears of causing a panic.

THE ASSOCIATED PRESS

South Pacific picking up pieces after 'monster' cyclone

Samuel, only his first name given, kicks a ball through the ruins of their family home as his father Phillip, at back, picks through the debris on Monday in Port Vila, Vanuatu, in the aftermath of Cyclone Pam. Vanuatu's president, Baldwin Lonsdale, said the cyclone that hammered the tiny South Pacific archipelago over the weekend was a "monster" that has destroyed or damaged 90 per cent of the buildings in the capital and has forced the nation to start anew. The United Nations says that 24 people are confirmed dead and 3,300 have been displaced by the cyclone. Meanwhile, the Canadian Department of Foreign Affairs says it's believed 29 citizens are in the affected region. Foreign Affairs says its office in Canberra, Australia, and the Australian High Commission in Port Vila are providing assistance to Canadian citizens in Vanuatu affected by the storm. PHOTO: DAVE HUNT/THE ASSOCIATED PRESS, TEXT: THE ASSOCIATED PRESS & THE CANADIAN PRESS

Diplomacy

Senators' Iran letter strains nuclear talks

Iranian diplomats confronted their American counterparts about an open letter from Republican senators who warned that any nuclear deal could expire the day President Barack Obama leaves office.

"It is necessary that the stance of the U.S. administration be defined about this move," Iranian Foreign Minister Mohammad Javad Zarif was quoted as saying.

THE ASSOCIATED PRESS

Israeli election

Netanyahu sliding, keeps to hard line

In a frenzied last day of campaigning, Prime Minister Benjamin Netanyahu on Monday ruled out the establishment of a Palestinian state and vowed to strengthen construction in east Jerusalem settlements.

Netanyahu, who has governed for the past six years and has long been the most dominant personality in Israeli politics, has watched his standing plummet in recent weeks.

THE ASSOCIATED PRESS

Radicalism. Concerns grow over ISIL-recruited Brits

British police, under pressure to stem the flow of would-be militants eager to join the Islamic State of Iraq and the Levant, on Monday arrested an 18-year-old man suspected of planning to travel to Syria.

Hours earlier, they freed on bail three other U.K. teens detained in Turkey, allegedly on their way to link up with the extremist group.

The arrests are signs of increasingly strenuous efforts by police to stop the flow of radicalized young Britons to the Middle East.

Detectives have been criticized for failing to prevent three 15- and 16-year-old London girls from making the same journey last month.

West Midlands police said the 18-year-old, whose name wasn't released, was arrested early Monday at his home after police received a tipoff.

Three other youths — two aged 17 and a 19-year-old — were arrested at an Istanbul airport after their London families contacted police when they failed to return from Friday prayers. THE ASSOCIATED PRESS

Russia. Putin's return ends rumours of death and coup

Looking fit and joking about all the fuss over his unexplained 10-day absence from public view, Russian President Vladimir Putin reappeared on Monday to quell the swirling speculation about the state of his health and his hold on power.

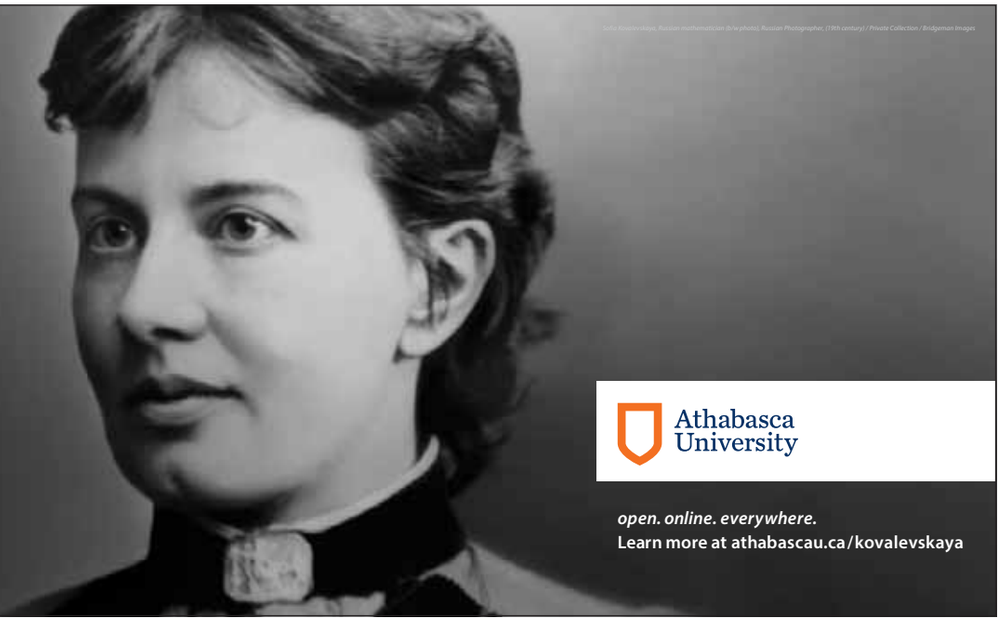
Putin's decision to abruptly postpone a trip to Kazakhstan planned for last week fuelled speculation that he was unwell or isolated by a palace coup. A Swiss newspaper claimed that Putin had travelled to Switzerland, where it said his supposed girlfriend — former Olympic gold-winning rhythmic gymnast Alina Kabayeva — had given birth to their baby.

The Kremlin has denied all of these claims.

Putin's spokesman, Dmitry Peskov, acerbically mocked the speculation when speaking to reporters: "So, have you seen the president paralyzed and seized by the generals? He has just come back from Switzerland, where he attended the delivery."

THE ASSOCIATED PRESS

"Say what you know, do what you must, come what may."



› Sofia Kovalevskaya: *Problem-Solving Pioneer*

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Young adults want news every day: Survey

Sources. Millennials get harder news from traditional media sites and lifestyle items overwhelmingly from Facebook, survey finds

Young adults have a reputation for being connected to one another and disconnected from the news. But a survey has found that mobile devices and social networking are keeping them more engaged with the broader world than previously thought.

They want news, they say, though they don't always aggressively seek it out — perhaps simply happening upon it on a friend's online feed. And they want it daily.

The survey of Americans ages 18 to 34, sometimes called the millennial generation, found two-thirds of respondents said they consume news online regularly, often on a social networking site.

Of those, 40 per cent do so several times a day, according to the poll, conducted by The Associated Press-NORC Center for Public Affairs Research and the American Press Institute.

It's been a slowly building trend in news consumption that experts say is trickling up to older generations — and that young people say helps them stay current, even if they never read an actual newspaper or watch the evening news on TV.

The respondents said their consumption of news and information on various devices was most often sparked by an interest in civic issues, for social reasons, including discussing a topic with friends, or because they just find it enjoyable.

Tom Rosenstiel, executive director of the American Press Institute, noted that many respondents who generally let news come to them might comment on a story posted by a friend or look for more information because they were skeptical. He noted that 70 per cent of young adults surveyed say their social media feeds include a mix of viewpoints, increasing their chances of reading a wider array of content.

Overall, the survey found that the average young adult regularly uses three or more social media platforms, among them Twitter, YouTube and sometimes Tumblr and Reddit.

THE ASSOCIATED PRESS

Air travel. Man takes rights fight to new level

A Halifax man who has been a thorn in the side of Canada's airline industry is taking his crusade to the next level.

After years of bringing complaints against the airlines before the Canadian Transportation Agency, Gabor Lukacs, 32, is challenging the operations of the agency itself.

The mathematician has launched a constitutional challenge against the regulator, claiming its failure to disclose evidence received while reviewing passenger complaints is a violation of the open court principle in the Charter of Rights and Freedoms.

In recent years, Lukacs has been responsible for increasing the compensation Canadians receive when they are bumped by overbooking. Air Canada, Porter Airlines and Air Transat are among the companies whose policies have changed because of his complaints.

Born in Hungary, Lukacs came to Canada at the age of 16. THE CANADIAN PRESS

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Nutrition. Experts tout Coke as sensible snack

Coca-Cola is working with fitness and nutrition experts who suggest its soda can be an acceptable treat, at a time when the world's biggest beverage maker is being blamed for helping to fuel obesity rates.

In February, several of the experts wrote online posts for American Heart Month, with each including a mini-can of Coke or pop as a snack idea. The pieces — which appeared on nutrition blogs and other sites including those of major newspapers — offer a window into the many ways food companies work behind the scenes to cast their products in a positive light, often with the help of third parties seen as trusted authorities.

Ben Sheidler, a Coca-Cola spokesman, compared the February posts to product placement deals a company might have with TV shows.

"We have a network of dietitians we work with," said Sheidler. "Every big brand works with bloggers or has paid talent."

Other companies including Kellogg and General Mills have used strategies like providing continuing education classes for dietitians and funding studies that burnish the nutritional images of their products.

PepsiCo has also worked with dietitians who suggest its Frito-Lay and Tostito chips in local TV segments on healthy eating.

Coca-cola is working with fitness and nutrition experts who suggest its cola as a healthy treat.

WILFREDO LEE/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

McDonald's. Workers file complaints over burns

McDonald's workers in 19 cities in the U.S. have filed complaints over burns from popping grease, a lack of protective equipment and other workplace hazards, according to labour organizers.

The complaints are the latest move in an ongoing campaign to win pay of $15 US an hour and unionization for fast-food workers by publicly pressuring McDonald's to come to the bargaining table. The push is being spearheaded by the Service Employees International Union and began more than two years ago. Already, it has included protests around the country and lawsuits alleging workers weren't given their rightful pay.

The burns and other hazards were detailed in complaints announced Monday and filed with U.S. Occupational Safety and Health Administration in recent weeks. Workers cite a persistent lack of gloves for handling hot equipment and say they're been burned while cleaning grills that have to be kept on.

The complaints also detail a lack of training for handling hot fryers and slipping on wet floors.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 78.25¢ (+ 0.06¢)

TSX 14,862.76 (+ 131.26)

OIL $43.88 US (- 96¢)

GOLD $1,153.20 US (+ 80¢)

Natural gas: $2.716 US (- 1.1¢)
Dow Jones: 17,977.42 (+ 228.11)

Costco Canada

Licence to import fish suspended

The Canadian Food Inspection Agency has suspended Costco Canada's fish import licence, saying the retail giant is not reliably following food safety controls on a consistent basis. The suspension went into effect on Feb. 26.

The CFIA says Costco can't import fish products into Canada until it takes corrective action.

THE CANADIAN PRESS

Premium text

Rogers agrees to refund fees

Rogers Communications has agreed, in a deal with the Competition Bureau, to pay refunds or credits to cellphone customers who were charged for premium text services from Jesta and MMS for services such as Mind Quiz, Love Crush and Joke a Day. Current Rogers customers will get automatic credits, while former customers will be contacted.

THE CANADIAN PRESS

GamePlus

CRTC backs Rogers on exclusive service

The CRTC ruled Monday that Rogers Communications can give its subscribers exclusive access to its GamePlus service, which delivers bonus content from NHL games. It dismissed a complaint filed against Rogers by rival Bell TV's parent company, which said GamePlus should be available for free to all subscribers of NHL GameCentre Live.

THE CANADIAN PRESS

VOICES

A CITY OF TWO TALES

NDP Leader Thomas Mulcair and Liberal Leader Justin Trudeau make separate stops in Toronto within the same week — both touting very different paths forward

CHANTAL HÉBERT
readers@metronews.ca

Tom Mulcair shares a laugh with Justin Trudeau at a panel discussion on youth voting. ADRIAN WYLD/THE CANADIAN PRESS FILE

Within the space of a single week, Justin Trudeau and Thomas Mulcair each delivered major speeches designed to stake out some critical pre-election territory.

Both opposition leaders chose Toronto as their venue, a decision dictated as much by the city's status as the national headquarters of the country's English-language media as by the GTA's weight in the outcome of next fall's election.

The similarities stop there.

Trudeau spoke to a non-partisan group made up of McGill University alumni.

Mulcair addressed one of the largest in-between-elections rallies that the federal NDP has ever held.

The Liberal leader spoke of values and denounced what he believes is a blatant Conservative attempt to use the terrorism file to divide Canadians along Muslim and non-Muslim lines.

Mulcair set out the urban agenda of an NDP federal government.

His speech emphasized Toronto's central place on the municipal map of the country — calling it the most important city in the country — but his prescriptions were generic.

Minus the local references, Sunday's text could easily serve as a template for similar speeches in Canada's other big cities.

The Liberal leader's speech was the more hard-hitting of the two but also the more high-risk.

Fostering discrimination against a minority is one of the most serious charges that an opposition leader can level at a sitting prime minister.

That could be construed as a glaring contradiction since it is Liberal policy to support Harper's controversial anti-terror legislation, regardless of whether or not the government addresses Trudeau's concerns about its reach.

By comparison, Mulcair's speech was a safe one. It is hardly the first time that a federal leader promises the cities a better deal and there is little revolutionary about adding a seat devoted to urban affairs at the cabinet table of an NDP government.

The most controversial element of the speech — if you can call it that — was the contention that, more so than that of any other (smaller) Canadian city, the success of Toronto is essential to the country's economic health.

According to party strategists, Mulcair deliberately stuck to bread-and-butter issues the better to bring the economy back on the political radar.

They believe the issue is becoming a liability for the ruling Conservatives. (For the record, so far the latter still score better on the economy than their opposition rivals.)

In the end, the differences between the Trudeau and Mulcair speeches spoke more loudly of distinct pre-election needs than of different priorities.

Two years into his leadership, Trudeau has not yet quite shaken off the perception that he is a policy lightweight.

At the same time, the Liberals have made the strategic decision to not release their platform until the campaign.

In the absence of a fleshed-out policy book, the "values" speech Trudeau delivered last Monday was designed to anchor his political persona to some core principles.

It was also meant to offset the Liberal decision to support Bill-C51 by adding some space between Trudeau and the Conservatives on the larger anti-terror narrative.

The NDP's event, on the other hand, was at least as important for its form as for the content of Mulcair's speech.

The past four years have been miserable ones for the New Democrats, with precious little to suggest they are on the move nationally.

They have endured the untimely death of a much loved federal leader; the loss of power in Nova Scotia; a civil war at the top of Manitoba's NDP government; unexpected mayoral defeats in Toronto and Vancouver, and underwhelming provincial results across the country.

Against that backdrop, the successful staging of a major rally in Toronto — a city where the NDP lost a seat since the last election — was meant to at least project some critically needed momentum.

It was also designed to blunt some of the edges of Mulcair's image.

For all his success or, perhaps, because of it as the prosecutor-in-chief of the government in Commons, his profile outside Quebec remains both lower and not as voter-friendly as Trudeau's.

That he was under instructions to play nice may explain why Mulcair smiled his way through his Sunday speech. He smiled so hard as to make one wonder whether he was trying to channel Jack Layton.

Chantal Hébert is a national affairs writer.

Do you feel an unnecessary need for speed?

KIMBERLY JONES
calgary@metronews.ca

The city is diving head first into its Pedestrian Strategy, and last week I suggested they should keep Vision Zero principles in their crosshairs.

Vision Zero encompasses the initiatives world cities are employing to reduce transportation related fatalities … to zero.

Now's the time for Calgarians to jump aboard as plans are laid out for future foot transportation — and I think in Calgary's car-crazy culture, speed is often the key.

Tell me if this situation sounds familiar.

Have you ever been on a wide road with generous lanes and no parked cars — one that's in a residential area? Does your speedometer creep up past the speed limit? Why not — it feels safe, right? But this is really a shared road. Pedestrians will be crossing at corners and cyclists may be riding along. The higher your speed, the longer it takes to stop and the result of the crash is statistically worse. But if it feels safe, you won't be thinking about these things, which means that posting a lower speed limit probably isn't enough.

People may feel safer speeding when the roads and conditions are present for them to do so. Therefore, design changes must be made to the road to make drivers want to slow down and make things safer for pedestrians and cyclists as well as vehicle drivers and passengers.

The field of vision of drivers also narrows at higher speeds, which means that lower speeds allow for better awareness of the surrounding area and will make pedestrians and other road users more visible.

Lower speeds also allow for better response when an unanticipated stop is required. In addition, they lessen the impact if a collision does occur.

According to the World Health Organization, pedestrians struck by cars at 30 km/h have a 90 per cent chance of surviving; that chance falls to 50 per cent at 45 km/h.

Designs to reduce car speed and make crossing safer for pedestrians can include curbs that bulb out into intersections so that pedestrians have less road to cross, are more visible and cars can't make high-speed turns; leading pedestrian lights to cut down on conflict from turning vehicles and better crosswalk painting and lighting.

The Calgary Transportation Department has indicated that reducing speed limits citywide in residential areas would be onerous due to costs of signing previously unsigned roads. They also say the authority to lower the default speed limit belongs to the province. However, the city could ask the province for this change, lowering the default speed limit on residential roads, which would have little impact on overall travel times if major roads were not included.

It will take time and resources to retrofit the design of many of our streets. A commitment in the Pedestrian Strategy to start this work is necessary to move forward. A good starting point for the design changes could be to analyze data to identify some of the more dangerous roads and intersections and target them. At the same time, enforcement and education could target some of the more dangerous behaviours, such as speeding, distracted driving, and entering intersections while pedestrians are crossing.

Kimberly Jones has lived in Calgary for 35 years. She is a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.

metro

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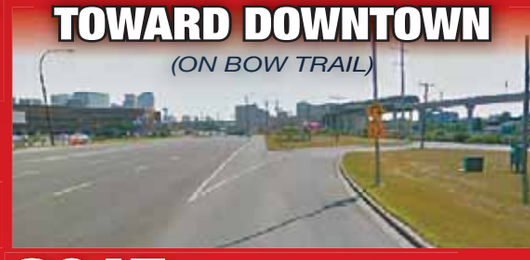

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Emile Hirsch heads to court

Scandal. Actor faces up to five years in prison for alleged assault at Utah club

Actor Emile Hirsch made his first court appearance Monday on allegations that he put a studio executive in a chokehold and dragged her across a nightclub table while in Utah for the Sundance Film Festival.

The Into the Wild star declined to comment Monday outside court in Park City.

His attorney Neil Kaplan said Hirsch is receiving counselling after going to rehab.

The actor from Encino, Calif., is charged with felony assault, which is punishable by up to five years in prison and a $5,000 fine. He also faces a misdemeanour count of intoxication.

He isn't required to be at the next hearing, set for April 13.

Hirsch may also be excused from other upcoming hearings, a concession often granted to out-of-state defendants who are co-operating, said Summit County prosecutor Ryan Stack. Stack said he had no comment on a possible plea deal.

The woman Hirsch is accused of assaulting on Jan. 25 is Daniele Bernfeld, an executive for the Paramount Pictures subsidiary Insurge Pictures.

Hirsch lawyer Robert Offer has said the actor was drinking alcohol and doesn't remember what happened that night. Offer also said last month that Hirsch checked into rehab within days of the incident.

Offer was not immediately available for comment Monday.

Hirsch is best known for his Into the Wild role. He was at Sundance for the premiere of the drama Ten Thousand Saints, in which he appears alongside Ethan Hawke and Asa Butterfield.

THE ASSOCIATED PRESS

Emile Hirsch ALL PHOTOS: GETTY IMAGES

Bye-bye, Bündchen?

Brazilian supermodel sensation Gisele Bündchen is reportedly set to retire from the runway after two decades in the spotlight. The whispers, which began with an editorial in Brazilian newspaper Moda Estadão, suggest that Bündchen will walk her last runway in April at the Colcci show as part of São Paulo Fashion Week. Bündchen, who shares a long-term relationship with the Colcci brand, has starred in many of its previous campaigns and also famously chose the brand for her return to the catwalk following the birth of her son Benjamin in 2010. Bündchen, reportedly the world's highest paid model for the last 10 years, most recently walked for Chanel in September 2014.

AFP

Gisele Bündchen

Jennifer Aniston

Uninvited guest plants himself on Aniston's lawn

Jennifer Aniston got some unsolicited gardening recently when a drunk driver reportedly jumped the curb and landed in her lawn, taking out some plants along the way, according to TMZ. It's unclear whether Aniston or fiancé Justin Theroux were home at the time, but her security guard called the cops who promptly arrived and busted the driver after he failed a sobriety test.

There's a very obvious Friends theme song joke in this about being stuck in second gear, but I like to think I'm better than that. (I'm not.)

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

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UN wants the world to make a happy playlist

Music. UN asks music lovers around globe to share songs that bring them joy, in honour of Day of Happiness

What is happiness? The United Nations is teaming up with pop stars to create a playlist that asks, in musical form, that eternal question.

A campaign launched Monday is asking listeners around the world to post through social media the songs that make them happy, with the playlist to be revealed Friday on the UN-declared International Day of Happiness.

The curators who will assess the responses and determine the playlist include the British singer-songwriters Ed Sheeran and James Blunt, U.S. singer-songwriter John Legend, French DJ David Guetta and the Portuguese pop star David Carreira.

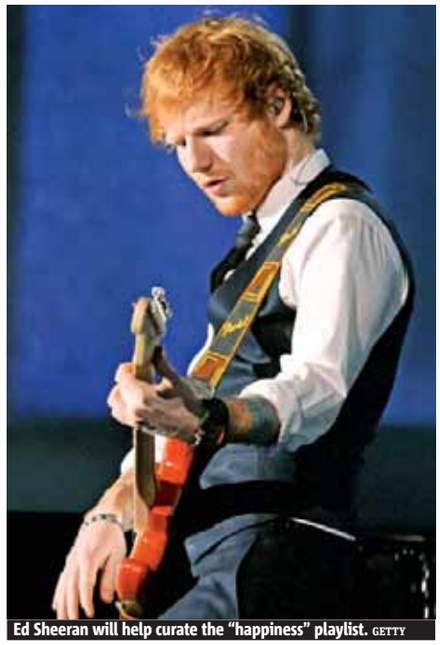
UN Secretary-General Ban Ki-moon, who is not generally known for his rock star persona, announced the initiative in an MTV-style video in which he offered his vote for Stevie Wonder's 1970 hit Signed, Sealed, Delivered.

Ban said that the song — also known to be a favorite of U.S. President Barack Obama — represented his hopes for a successful agreement on climate change at a UN-led conference in Paris later this year. AFP

#HappySoundsLike

Last year, the International Day of Happiness invited music fans around the world to dance to Pharrell Williams' hit Happy, creating a viral sensation.

- **The campaign, which did not specify restrictions on genre, asked music fans to post songs on social media with the hashtag #HappySoundsLike. The playlist will be released by streaming service MixRadio.**



Ed Sheeran will help curate the "happiness" playlist. GETTY

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Music film

Drizzy in a tizzy over unauthorized concert film

Canadian rapper Drake is not happy about a soon-to-be-released concert film.

"The Drake Homecoming film is not something OVO or Drake have any part in," Drake tweeted to his 21.6 million followers, referring to the record label he helped establish in 2012.

"I feel it is my responsibility to inform and protect my fans."

The statement has been favourited and retweeted more than 12,000 times.

Drake's Homecoming: The Lost Footage will be playing in select Canadian theatres on March 18 only. The concert film, which was shot in May 2009 at a sold-out show at Toronto's Sound Academy, shows the rapper performing just before his international breakthrough.

"No. 1, it's an authorized film," counters Mark S. Berry of Toronto's Attack Media Group. Berry is listed as a co-executive producer for the film.

According to Berry, Drake signed a contract in 2009 that gives him $15,000 for the film and a royalty participation of 15 per cent. It's a paltry sum for a rapper who could now demand a substantially higher fee.

"He's known about the movie for years," Berry adds.

Attempts to reach out to Drake's label representatives were not returned on Monday. TORSTAR NEWS SERVICE

Drake is unhappy about the release of a concert film. GETTY IMAGES

Quoted

"I feel it is my responsibility to inform and protect my fans."

Drake tweeted to his 21.6 million Twitter followers about the theatrical release of the unauthorized concert film Drake Homecoming: The Lost Footage

Theatrical release

March 18

The only date Drake's Homecoming will be playing in select Canadian theatres.

You Britta believe it! Community gets refresher course

Television. Cult fave gains a new home online with Yahoo

The world of TV is littered with examples of much-loved but under-watched shows that aired for a season and disappeared, but few have had as strange a life as Community, the pop culture-obsessed show about a group of misfits at a community college. After NBC finally pulled the plug, an unexpected saviour popped up in the form of Yahoo, and the show returns today with new episodes.

Series star Gillian Jacobs (Britta) says she's not too worried about the change in venue. "Post-House of Cards, you'd be silly to be nervous, especially at a place like Yahoo, that has the resources to really support the show," she says. "You look at the other programming they're doing — they have good taste! I mean, they liked us, so they have great taste."

The return of the show means viewers get to see all kinds of new journeys for the characters, and meet Britta's parents, who are played by Martin Mull and Leslie Ann Warren (or Colonel Mustard and Miss Scarlett, if you're Clue fans).

"As a Clue fan, I was really excited," says Jacobs of the casting. "We're starting to see a little bit more of the characters' outside lives, help inform who they are, why they are, what the hell happened to Britta to make her Britta."

She's referring, of course, to the various characters' tendency to call her "the worst" all the time, for her buzzkill tendencies. Would she ever want them to stop calling her that?

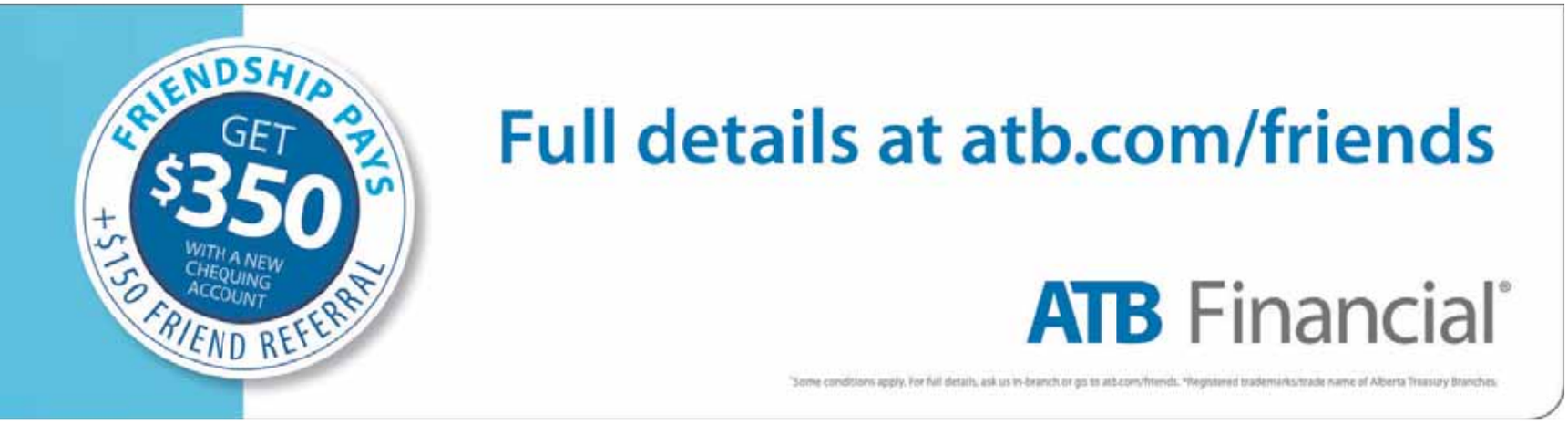
"No, I'm branded with that! It's a point of pride now, to be the worst. No, that's like a tattoo, I can't."

LISA WEIDENFELD/METRO IN NYC

Comeback

- Community returns with online episodes Tuesday.
- Yahoo picked up the show after it was cancelled by NBC last year.

Community actors Joel McHale, left, Gillian Jacobs and Ken Jeong. GETTY IMAGES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iZombie premieres Tuesday on the CW and will be available on streaming service Shomi on Wednesday. CONTRIBUTED

Television. Dark comedy iZombie is 'bringing sexy back' to the undead genre

Buffy fans, take note: There's a new young blonde woman with supernatural powers, firing off snarky quips. Except this time she's not so much fighting off supernatural creatures, as being one of them. Yes, Liv (Rose McIver) is a zombie, yes, she eats brains, but she's very nice, we promise. And lucky for her, she picks up abilities and memories from the brains she eats, so she uses her talents to solve murders on the CW's new iZombie. "This is a dark comedy," says co-star David Anders. "I'm calling it zom com rom dram."

He's not wrong. The show makes a point of having its zombies look a little less decrepit than your average Walking Dead zombie.

"Zombies are bringing sexy back. It's flipping the genre on its head," he promises.

How sexy are these zombies? Says co-creator Rob Thomas, "we were calling the show ZILFs at one point."

Anders plays another zombie on the show, but while Liv is just trying to get back to her old, pre-zombie life, Anders' Blaine is seeking to take advantage of his new life. "Blaine is just a zombie crime boss trying to find his way in the world," explains Anders.

LISA WEIDENFELD/METRO IN NYC

Just a nerd in disguise

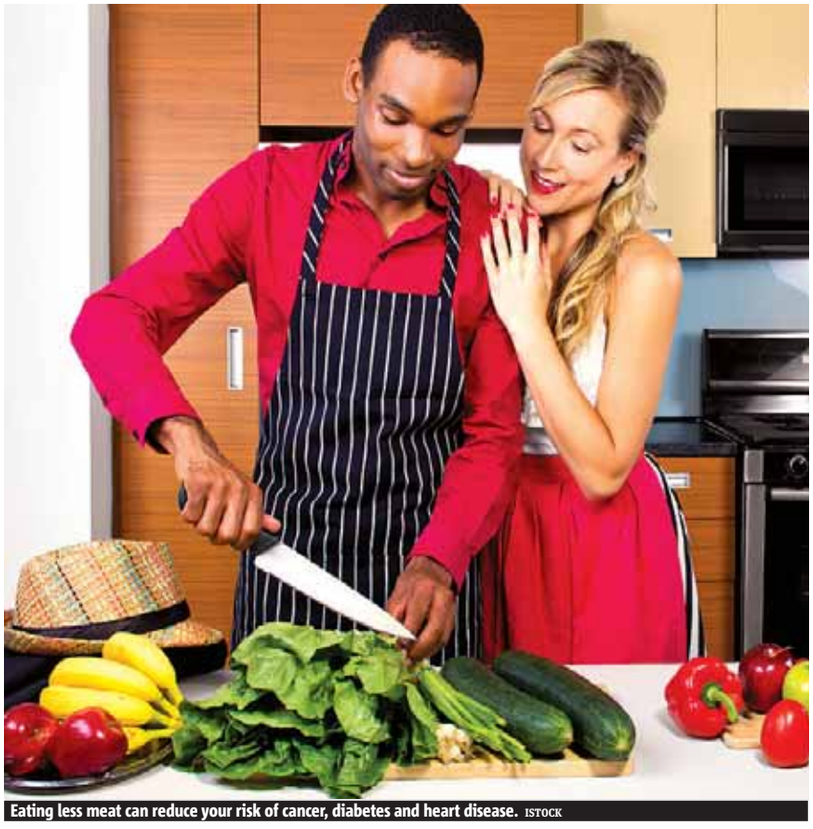
This isn't the first time Anders has played the bad guy. Audiences might recognize him as Sark, from Alias. And it turns out co-star Jennifer Garner once had some very encouraging words for him.

- "I was actually in the makeup trailer next to Jennifer Garner once, and I was like, hey Jen, let's be nerds because we're both getting makeup done. Can I get an autograph on a headshot? And she was like, oh yeah, sure. And I got it later that day, and it said, David, get comfy, you're going to be here a while," shares Anders. "I still have that framed."

Vegetarianism for couples 101

Healthy eating. It can be difficult to get meat-loving guys (and gals) to eat more veggies. Here are some tips on getting it done

EVA KIS
Metro World News



Eating less meat can reduce your risk of cancer, diabetes and heart disease. ISTOCK

How's your healthier eating resolution going? If you've had better intentions than follow-through, get back on the wagon this week with a change that won't turn your life upside down: a meatless day of the week.

Diana Rice, a dietician with the Meatless Monday campaign, an international effort that encourages people to not eat meat on Mondays to improve their health and the health of the planet, has plenty of suggestions to get you started — no matter what day it is. But she also speaks from experience when it comes to what will likely be your biggest obstacle (after cravings): your partner.

"My husband is from the (American) south, and growing up he didn't really think about the advantages of vegetarian anything," she says. Bacon and eggs for breakfast, a ham sandwich for lunch and a steak for dinner was pretty standard.

And while you probably know that eating less meat can lower cholesterol and reduce your risk of cancer, diabetes and heart disease, a lecture about the health benefits of veggies might be the only thing less appetizing to him than trading steak for tofu.

But don't give up hope. Rice, whose husband often serves as the "guinea pig" for her foodie experiments, shared her ideas.

Play up other flavours

"Pasta is such a versatile dish. It'd definitely be the place I'd start," says Rice. Use cherry tomatoes instead of sauce from a jar, fresh basil instead of dried and really good cheese, and he'll forget he's not eating meat. Shop at a farmers market so you know you're only buying what's in season, when it tastes best, and talk to the vendors to get ideas.

Don't get crazy

"If you're just starting out, don't buy tempeh and try to make some really weird vegetarian thing that's totally unfamiliar to you," cautions Rice. Work your way up to it by starting with what you already know: chili with beans instead of ground beef or using sautéed mushrooms as the main part of a dish instead of a side.

Think like a guy

If your guy likes steaks, try making a vegetable steak: Cut a one-inch-thick slice out of the middle of a cauliflower, brush it with olive oil and grill it, then serve it with some A1 sauce. "Having the vegetable be a standalone in the same way we might expect the steak or a piece fish to be can help us overcome that mentality that there is something lacking from the meal," says Rice.

Chef's choice

Most guys still aren't doing the cooking, so if they're hungry they'll probably eat what's in front of them. So don't be afraid to try something just because you think he won't like it. "A lot of times what I'll do is tell my husband, 'What we're having for dinner is a really great pasta dish,'" Rice says. "It just doesn't happen to have any meat in it."

Facebook revamps terms of use

Content guidelines. Updates aim to target content promoting terrorist activity, crime and hate speech

Facebook on Monday updated its community standards guidelines, giving users more clarity on acceptable posts relating to nudity, violence, hate speech and other contentious topics.

The world's biggest social network said it does not allow a presence from groups advocating "terrorist activity, organized criminal activity or promoting hate."

The new guidelines say Facebook will take down "graphic images when they are shared for sadistic pleasure or to celebrate or glorify violence."

Nudity is also removed in many cases but allowed for images of breastfeeding, art or medical conditions.

"These standards are designed to create an environment where people feel motivated and empowered to treat each other with empathy and respect," said a blog post from Facebook global policy chief Monika Bickert and deputy general counsel Chris Sonderby.

"While our policies and standards themselves are not changing, we have heard from people that it would be helpful to provide more clarity and examples, so we are doing so with today's update."

The guidelines say Facebook members should use their "authentic name," a move that appears to head off criticism from people who use stage or performance names instead of their legal name.

In October Facebook said it would ease its "real names" policy that prompted drag queen performers to quit the social network and sparked protests in the gay community and beyond.

Facebook's new guidelines said it would remove content, disable accounts and work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety."

But it added "that something that may be disagreeable or disturbing to you may not violate our community standards."

The move comes as Facebook and other social media struggle to define acceptable content and freedom of expression.

"This is particularly challenging for issues such as hate speech.

Hate speech has always been banned on Facebook, and in our new community standards, we explain our efforts to keep our community free from this kind of abusive language."

Facebook said earlier this year it was putting warnings on "graphic content," which would also be banned for users under 18. AFP

Government requests

Facebook at the same time released its report on government requests for user data in the second half of 2014, showing a modest uptick to 35,051 from 34,946 in the prior period.

- "There was an increase in data requests from certain governments such as India, and decline in requests from countries such as the United States and Germany," the blog post said.

Facebook's new guidelines said it would work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety." JONATHAN NACKSTRAND/THE ASSOCIATED PRESS

France. Ads using overly thin models could face ban

France's health minister says she supports plans to criminalize the use of advertising with anorexic models in France.

The measure would add France, a world capital of fashion, to the movement in countries like Israel and Spain that are cracking down on the glorification of dangerously thin models.

Socialist lawmaker Olivier Veran, who is also a doctor, wants to add language to an upcoming health bill to make it illegal to employ models deemed to have an eating disorder. Modelling agencies would have to produce a medical report showing that their models have maintained a healthy mass-to-height ratio.

A second change in the law would make it a crime to glorify "excessive thinness," which would target those who run pro-anorexia websites, punishable by up to one year in prison and 10,000 euros ($13,500) in fines.

The French government is looking to crack down on the glorification of dangerously thin models. ISTOCK

The amendments are part of a health reform bill to be presented in parliament's lower house on March 31. A previous draft bill on the same issue never got to a vote by parliament in 2008.

Up to an estimated 40,000 people suffer from anorexia in France, 90 per cent of them women, according to the health ministry.

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metro

CAMP GUIDE

Tuesday, March 17, 2015

Camp choices are endless

Specialized activities. What type of experience are you and your child hoping for from camp?

CHARLOTTE EMPEY
For Metro

Today, camp choices seem endless — sports, arts, outdoors, academic. Sit down with your child to find out which type suits them best. SHUTTERSTOCK PHOTOS

There was a time when summer camp was the quintessential Roots experience. Sure, you could choose between day camp and overnight, co-ed or single gender. But the activities were pretty much universal — swimming, canoeing, orienteering, crafts (remember gimp bracelets?) and campfires, complete with ghost stories, Kumbaya and toasted marshmallows.

Today, camp choices seem endless — sports, arts, outdoors, academic — and under each of those umbrellas are a host of specialized activities from circus camp to computer camp.

So what kind of camp will excite your child?

Agnes Stawicki, managing editor at Our Kids Media (ourkids.net), says you need to consider your child's interests.

What sort of experience are you and your child hoping for — to hone a skill or learn a new one? Gain self-confidence? Try something challenging and outside their comfort zone?

Where will they be more comfortable? At a camp whose philosophy is collaborative or one that is more competitive? At a co-ed camp or one for boys or girls only?

Are all the activities mandated — does every camper take part in every activity — or is there a menu of activities from which your child can choose?

Or perhaps you want a camp that delivers both.

Search for clues

- Partner with your child in choosing the camp. Flip through magazines or visit websites together and talk about the pictures and the videos. Chances are your child will get excited about what they see, which will give you clues as to the kind of activities that your child will enjoy.

The size of the camp counts, too. A younger or first-time camper might be more comfortable in a smaller camp, with, say 80 to 120 campers. An outgoing child might thrive on the energy that comes from a camp of 500 kids — all eating dinner together under one roof.

Some camps are unplugged — no cellphones, tablets, video games — so the campers fully engage in the experience and with each other. Does that work for you and your child?

And forget legacy camps — just because your best summer memories include Camp Allaboutyou doesn't mean the same will be true for your child.

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CHARLOTTE EMPEY
For Metro

Your daughter begged to go to overnight camp at eight and loved every minute of it. But your son is a whole different person. How do you know when he is ready for the away-from-home camp experience?

"So much depends on the child," said Agnes Stawicki, managing editor at Our Kids Media (ourkids.net), a Canadian website with tips and advice for making your child's stay at camp a life-changing experience.

Here are some things to consider when thinking about sending your child to an overnight camp for the first time:

• Has your child happily slept over at a friend's house, or with relatives? Or did they call and ask to come home?

• How well do they adjust to new people and situations? Is your child challenged by unfamiliar food or changes in routine?

• Does your child make friends easily? Even if shy, will they join a group with a little encouragement?

• How does your child relate to adults? Unlike teachers, for example, counsellors are usually teens or young adults and can play a mentoring role rather than an authoritative role, which may be a new experience.

If you aren't sure your child is ready for an overnight camp, consider an introductory option. Some day camps offer a one- or two-night sleepover, a chance for your child to test drive the away-from-home experience.

Counsellors can play a mentoring role for children who attend an overnight camp. SHUTTERSTOCK

Walk your child through a typical day — getting up, having breakfast, going swimming, or maybe roasting hotdogs by a campfire. SHUTTERSTOCK

Six steps to prepare your child for camp

You have sent the cheque, bought the gear, ironed on the name labels with two weeks to go. Now is the time to ramp up the excitement.

1 Talk casually about camp. Chat about what your child can expect to do, the new friends they will make and the new activities they will try.

2 Create the camp equivalent of an advent calendar and tuck in small gifts to take to camp — stickers, temporary tattoos, stamped self-addressed postcards to send home.

3 Talk about what your child can expect at camp and how best to respond to new situations — what happens if lunch is something they don't like? What if their cabin mates snore? But don't overplay your hand — if your child senses that you are worried, they will be worried, too.

4 Walk your child through a typical day — getting up, having breakfast, going swimming — by taking your cue from the camp's activity list. Engage your child in visualizing what they might do, and how they will feel.

Free eBooks

- Check out ourkids.net and download free eBooks, including Ultimate Checklist for Choosing a Camp, and Canada's Camp and Activity Guide. For more information about camps across the country, check out ccamping.org.

5 Invite your child to help pack. Ask them to read from the camp's checklist and tick off each item as it's packed. And pack early so nothing gets left behind in a last-minute scramble.

6 Don't bring up homesickness. If your child asks, remind them of all the new friends and exciting new experiences they are going to have. And remember — the camp has a plan it puts in place if it senses a camper is homesick. If you are still anxious, ask the camp director how they handle homesickness, and how best to respond to your child should they ask.

CHARLOTTE EMPEY/FOR METRO

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Pair green beer with twist on Irish fave

Dinner. St. Patrick's Day is your lucky day — with an easily assembled Magic Shepherd's Pie

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What comes to mind when you think of St. Patrick's Day? Green Beer? Shamrocks? Lucky charms?

The Irish celebrate this saint for his role in bringing Christianity to Ireland. One of the key elements of the celebration is the lifting of Lenten restrictions, just for one day. Awww, come on! You can't expect a promise of abstinence to last for six whole weeks, can you? No wonder this day of green wearing and binge drinking has been embraced so much.

Traditional Irish dishes include Shepherd's Pie, Boiled Dinner with corned beef and cabbage, and Colcannon, consisting of mashed potatoes and cabbage. There are as many variations of these recipes as there are cooks but most are basic and use the affordable staples available in Ireland.

Potatoes are popular because they are plentiful, corned beef and cabbage can be stored during long periods of time or harsh weather and Shepherd's Pie can be made from practically any minced meat.

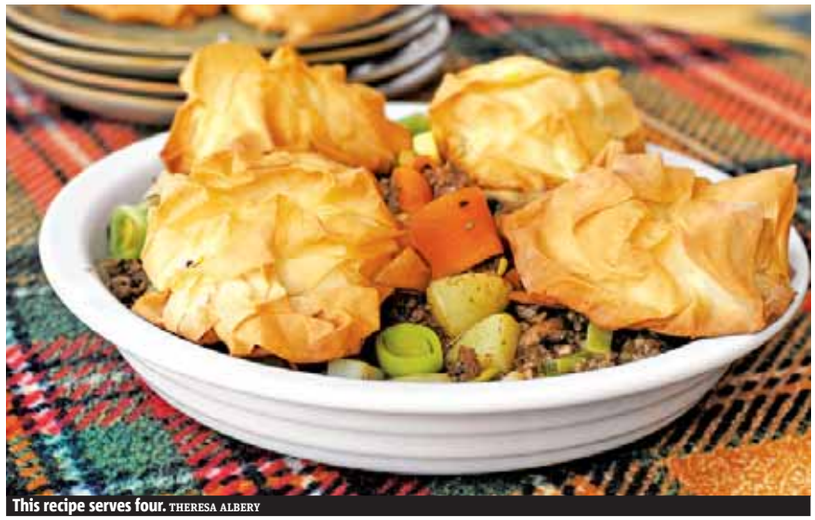
Irish meals are no longer boiled and boring, but historically, Irish culinary creations leaned toward a soft, bland outcome. Spices tended to include, um, salt and pepper.

Thyme, parsley, rosemary, and sage are typical as are leeks, onions and garlic.

Whatever you make, pair it with green beer. It is a rite of passage, and as they say, "Everyone is Irish on St. Paddy's Day."

Ingredients

- 4-6 slices phyllo pastry
- Extra virgin olive oil
- 1 1/2 lbs ground lamb
- 2 leeks, sliced
- 1 tbsp butter
- 1 white potato, diced small
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 2 tbsp flour
- 1 1/2 cups dark beer
- Salt and white pepper
- 1 carrot



This recipe serves four. THERESA ALBERY

Magic Shepherd's Pie

This pie is magic because, unlike traditional recipes, it comes together in less than 30 minutes —no layering of mashed potatoes or pastry required. It is simply a one-pot meal made with ground lamb while phyllo pastry puffs bake in the oven to become a very pretty topping.

1. Turn oven on to 400 F.

2. Oil a baking sheet and take one sheet of phyllo into your oiled hands. Rub both sides of the sheet with oil and scrunch into a loose ball. Place onto baking sheet and continue with remaining sheets. Drizzle additional tablespoon of oil over all pastries before baking. Bake for 10 or just until browned.

3. Meanwhile, brown ground lamb in a pot over medium-high heat and then empty to drain fat through a strainer. Set aside. Clean and slice leeks and add to the same pot with butter over medium heat, stir to soften. Add diced potato and stir for a couple minutes. Add rosemary and garlic powder, stir for one minute. Pour beer into a bowl and stir flour in to dissolve then add to pot and stir to thicken. Return meat to pot, salt and pepper.

4. Peel carrot into ribbons, directly into the pot.

5. Cover and simmer 15 minutes to cook potatoes. Empty into a pie plate and top with baked phyllo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM**

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LEARNING CURVE

Finding the right rhythm

The best time to study for exams will vary from person to person

SHUTTERSTOCK

You are staring at your academic calendar and it's time to slot in study time for that enormous exam. But would those notes be best retained when reviewed in the light of day or under the cloak of dark night?

Jodi Nickel, chair and associate professor of the department of education at Mount Royal University, says the best time for study will vary from person to person.

"We all have rhythms that work best for our body," Nickel says. "Times when we're best able to focus and times when our energy level is low."

Nickel says the ideal study time for some students is the morning, when they are fresh and alert. But others will focus better in the evening when all other distractions of the day are over.

"However, if you know you're a procrastinator, you're likely to leave yourself too little time to study if you wait until evening," she says, suggesting this personality type might want to try to slot a time earlier in the day.

Rebecca MacPherson, a sessional instructor at Brock University, who recently completed her doctoral studies in Brock's faculty of applied health sciences, knows the struggles of a fierce session of studying.

"Everyone is different and will have a different best time to study," says MacPherson, who admits that her study sessions were anytime other than the early morning.

"But whatever you do, don't wait until the last minute to study — start early and plan," she says. "Rewrite notes in short form to study from. If you can explain a concept to a friend without looking at your notes then you know you are ready."

Constance Crompton, assistant professor of digital humanities and critical studies at the University of British Columbia, says that without advanced planning, discovering the perfect time of day for study will be of little use.

"Studying is a bit like going to the gym," Crompton says. "If you can set aside a regularly scheduled time to study, for example from 10 until noon on Mondays, Wednesdays and Fridays, then you won't have to spend the rest of the day anticipating a study session."

– Elizabeth Beddall

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Helping pets with the help of Robertson

The Robertson College veterinary office and technical assistant program teaches individuals how to become a valuable member of the veterinary office team by training students to become receptionists and technician assistants.

"There is nothing more rewarding than seeing pets recover from serious illnesses with assisting owners through these difficult times," says Cheryl Stock, assistant campus director. "This program has been designed for anyone that likes working with both animals and their owners and interested in challenging themselves with veterinary medical knowledge."

Receptionists are the front end ("face") of a clinic — greeting clients, booking appointments, talking on the phone, checking in patients/clients, and taking care of daily operations.

Technician assistants are mainly in the back area of the clinic, assisting veterinary technicians (restraining animals for blood collection, X-rays, surgery preparation and general patient care, walking dogs, feeding, etc.).

"There is a huge demand for employees in both roles, especially those that are equally capable of a front-end position or back-end position in a clinic," Stock says.

Students learn everything they need to know for the front or back of the clinic — including office management, veterinary pharmacology, animal nutrition, parasites of pets, animal restraint, animal husbandry, veterinary medical terminology, medical conditions of pets, veterinary assisting, vaccination, sanitation and disease prevention, computer skills, database management, and a 160-hour practicum experience.

"Our program is taught by a veterinarian who has extensive knowledge in a variety of different clinic set-ups," says Jeni Liggett, veterinarian and Robertson College instructor. "Most other programs are taught by veterinarian technicians. Our program focuses on practical aspects that students need to know in the day-to-day activities in a clinic."

To help students gain more hands-on experience in this field, live animals are brought into the classroom for demonstrations and practice techniques.

The next class starts April 23, and students finish Nov. 9.

For more information about the veterinary office and technical assistant program, visit robertsoncollege.com.

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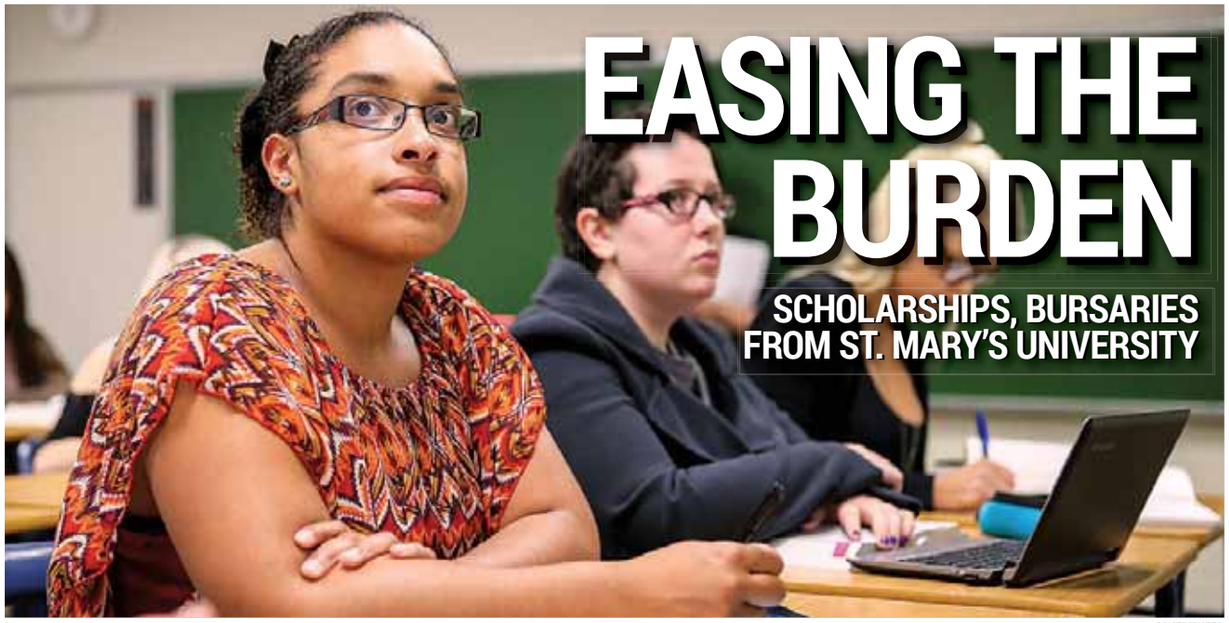

EASING THE BURDEN

SCHOLARSHIPS, BURSARIES FROM ST. MARY'S UNIVERSITY

CONTRIBUTED

For individuals considering pursuing their education at St. Mary's University, and also for current students, St. Mary's offers a number of scholarships and bursaries to help alleviate the financial burden.

"Financial assistance can help students succeed while pursuing their post-secondary education, and they also encourage students to continue with their studies," says Verna Wright, associate registrar, St. Mary's University.

Based on the criteria of the award, each application is assessed for eligibility. This can be based on academic achievement, contribution to community or campus life, faith involvement, extracurricular activities, and/or financial need.

Selections are made by the St. Mary's University awards committee, which includes the registrar, associate registrar, manager of donor relations and stewardship, and one appointed faculty member.

"The awards committee works hard at equitably distributing awards amongst all students who apply, so, therefore, more awards can be given to more students," Wright says.

St. Mary's offers three types of competitive awards. The first is for students entering St. Mary's directly from high school. The second is for students currently attending and who will be returning to studies. And, finally, the third is for students in the bachelor of education program.

"We also have 'automatic' awards for entering high school and transfer students, based on their admission average," Wright says.

Because payment of awards is applied first to any tuition owing, and since the selection process takes a few months, an early deadline allows time for awards to be processed and applied before the fee deadline.

"We have made the application process as simple as possible in order to not discourage students from applying and an early application deadline, which allows students to concentrate on final exams," Wright says.

The application deadline for scholarships and bursaries offered through St. Mary's is April 15. During the 2014-15 academic years, $298,000 in scholarships and bursaries were awarded to students.

For more about the scholarships and bursaries available for St. Mary's students, visit stmu.ca/scholarships-and-awards.

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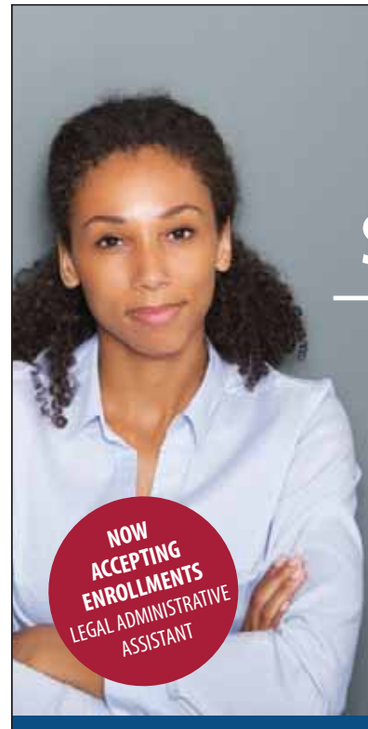

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ULETHBRIDGE HAS AN EAR FOR AUDIO

Jesse Northey has always been a huge fan of recording music, writing songs, and creating.

So when he decided to pursue a career in audio, the University of Lethbridge's digital audio arts program was the best fit for Northey.

"ULethbridge was close to home, affordable, and was one of the only four-year degree programs that focused on audio production in Western Canada," Northey says. "A degree is a valuable piece of paper to have for future job prospects and the facilities and the strong ties to the music department made it an opportune fit for me."

This is a four-year bachelor's degree that prepares students in the areas of game audio, audio engineering, sound design, composition for film and media, software design, and/or computer assisted composition.

The digital audio arts program helped Northey become a well-educated musician (in his band Jesse and the Dandelions), as well as someone who is equipped to work with relevant audio technology.

"The marriage between these two things gave me all the tools I needed to become a well-rounded producer," Northey says. "The facilities were top of the line and gave me the opportunity to hone my skills in whatever audio discipline I wanted."

He says the combination of music theory and technical skills equipped him for all sorts of freelance jobs, such as working as a producer, as well as recording and performing on people's albums across Alberta.

CONTRIBUTED

"The program is professional training coupled with academic rigour," says Dr. Rolf Boon, associate professor and co-ordinator of the digital audio arts program. "Our courses are outcome driven so that students have verifiable evidence of their accomplishments that they can present to prospective employers."

Students who wish to pursue a masters in digital audio arts can do so at the University of Lethbridge.

For more information, visit uleth.ca/finearts/departments/music/digital-audio-arts.

CONTRIBUTED

Treating the whole student as well as the whole planet

National Institute of Wellness and Aesthetics

The National Institute of Wellness and Aesthetics (NIWE) is a small school with big aspirations.

"We want to train the next generation," says Sangeeta Sharma, director, NIWE.

Sharma says the beauty industry, as well as many others, are evolving in a holistic direction. "We are concerned about our planet, the quality of our lives and products we use.

"The trend towards treating the whole client, the whole student and whole planet are all of our concerns as we come to realize that we are all connected."

With this in mind, NIWE has created a unique, balanced approach to education.

Offering courses in hairstyling, medical esthetics, esthetics, nails, makeup, lashes and massage therapy, NIWE has many fun, affordable, and interesting short courses, with many available at night.

Government student loans are available for NIWE courses. Other financing options for students may include student lines of credit from the bank, or monthly payment plan options offered through NIWE.

"Come in and meet us, attend any one of our classes free or just enjoy any one of our instructor supervised services," Sharma says.

For more information, visit niwe.ca.

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Fill a growing need at ABES

The unit clerk/medical office assistant program offered at Alberta Business and Educational Services (ABES) is a dual certificate program that helps fill the growing need for these types of professionals in Calgary health-care settings.

"I had a good experience while studying at ABES," says Anna Lirios, recent graduate of the unit clerk/medical office assistant program.

Like Lirios, students will be certified as both a unit clerk and medical office assistant in just 26 weeks.

Lirios completed two practicum placements (like all students do) and both were in hospitals, one for medical office and the other for unit clerk.

"During the practicum, (the instructors) were there at the very beginning to give you support," Lirios says. "The instructors visiting the site helped the student to feel confident and at ease."

She says the instructors also helped her stay focused on her goals.

"The teachers were approachable if there was something that you were interested in," Lirios says. "And if I was having difficulty understanding the chapter, they were there for you at the end of the class."

Anna Lirios

By staying focused and working hard, she received two job offers with Alberta Health Services (AHS) in the hospital before she even completed her practicum.

"I am so happy I went to ABES," Lirios says.

When students exit this program, they will have the education and hands-on experience they need to work in any medical location.

"Your comprehensive understanding of a variety of positions will be extremely attractive to employers," says Julie Wright, campus coordinator, ABES. "We have an employment rate above 95 per cent, so chances are good you will find a unit clerk or medical office assistant position very quickly."

This course is 26 weeks in total (20 weeks in the classroom, six weeks on practicum). The practicum is broken down into two portions — four weeks in a hospital and two weeks in a medical office.

Students will also receive their first aid certificate, CPR certificate, and defibrillator certificate (all for health-care professionals).

For more information about this program, visit abes.ca.

BUILDING A SOLID BUSINESS FOUNDATION

"I wanted something that had a lot of jobs that were in demand," says Mae T., accounting and payroll administrator graduate from CDI College. "I wanted something that I really enjoyed at the same time as well."

The accounting industry is on the lookout for meticulous individuals who have a thirst for solving puzzles. Each company has its own set of savings, expenditures, and other categories unique to its business. Through bookkeeping, reviewing business activity, and other related tasks, accounting personnel will gain a thorough understanding of how and what many different organizations require to function successfully.

This invaluable insight is essential for those who would like to start their own business, like business administration graduate Terri D. But business is a dynamic field that is continuously changing, which is why many of CDI College's programs include practicum placements so students can develop their skills and adapt them to real-world situations.

"You don't just have a book in front of you telling you what to do," Terri says. "You actually know what to do."

"If you don't have that experience then you won't know how to utilize those skills," Mae says. "If it's just theory, and just conventional learning, then it gets boring and monotonous."

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For more information on CDI College's accounting and payroll administrator and business administration programs, call 1-800-360-7186 or visit study.cdicollege.ca.

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FOLLOW MULTIPLE BUSINESS PATHWAYS

BOW VALLEY COLLEGE CHIU SCHOOL OF BUSINESS

The business administration diploma at the Bow Valley College Chiu School of Business prepares individuals for a wide variety of employment opportunities.

"The business administration diploma is designed to give students multiple pathways to the workforce or further post-secondary studies," says David Allwright, dean, Chiu School of Business.

This two-year (60-week) diploma program consists of a common first year to give students a strong base in general business skills and knowledge, followed by one year of studies in a major of their choosing.

The foundational year consists of traditional business courses like accounting, marketing, organizational behaviour, economics, and law, with a couple of optional elements, depending on the major the student plans on pursuing.

Students can then choose one of nine majors in the second year of studies.

The diploma offers majors in accounting, financial services, marketing, human resources, insurance and risk management, event management, global tourism, and public relations.

"Also, students may choose the general business major, which gives them the opportunity to design a major that best fits their future career plans," Allwright says.

The business administration diploma is also offered with a co-operative education option, which means students will be able to pursue a four-month paid work term with one of the school's many industry partners.

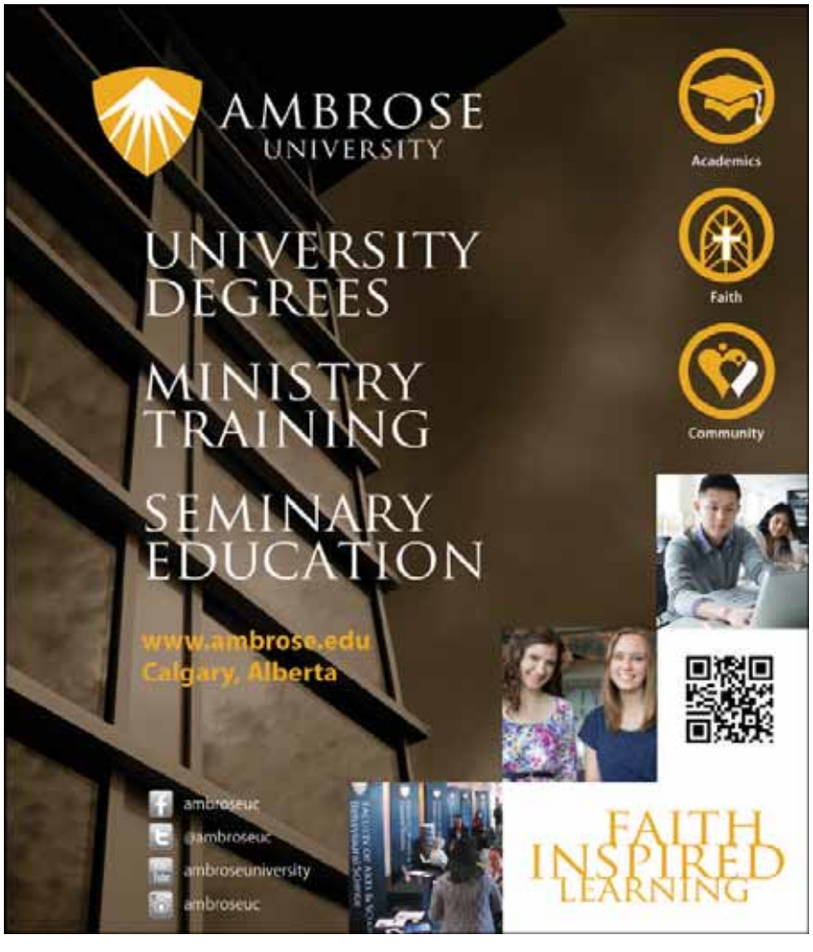
Students can complete the program on a full-time or part-time basis.

The program is available through a traditional face-to-face format with many options to complete it online.

"We will also be expanding into evening delivery for students who lead busy working lives," Allwright says. "Our students are more mature than at other institutions, meaning that they already have considerable previous work experience, and they have families and community commitments, so our programs allow them to fit their academic schedule around their busy lives."

SHUTTERSTOCK

For more information about this program or the Chiu School of Business, visit bowvalleycollege.ca/chiu.



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MAKE THE MOST OF SCHOOL FACILITIES

SHUTTERSTOCK

Do you think on-campus life is solely about snoozing, studying and stuffing yourself with pizza? Think again, because post-secondary schools across Canada are working to set the bar high when it comes to in-school engagement.

"Over 1,000 students a week are using our facility," says Cheryl Harwardt, director of operations for the University of Alberta's new Physical Activity and Wellness Centre. The facility, along with its numerous athletic offerings, boasts a 7,000-square-foot climbing centre for bouldering, climbing and repelling.

"The facility is the realization of a dream of forward-thinking, student-focused people working together to build a community here at the school," Harwardt says.

And it's not just athletic facilities that are helping to give Canada's campuses a colourful boost. The University of Guelph-Humber building in Toronto is home to a living wall on which sprouts such beautiful offerings as geraniums, hibiscus, fuchsia and ivies year-round. The space is designed with the intention of providing students with a peaceful, serene place to study among the brick and mortar of a city campus

Reba Noel, student engagement co-ordinator for Langara College in Vancouver, says the new think-tank spaces on campus are a unique and exciting resource that the school offers to both students and staff.

Noel describes Langara's ThinkTank hub as an open room with no stationary furniture, incorporating a standard projector and screen, a Polyvision smart board and two collaborative workstations with flat-screen televisions. The arrangement of the space allows users to configure it in whatever way that works for their needs.

"The fact that users can make it their own helps them feel more relaxed in the room, contributing to an increase in creativity and productivity," she says.

Since it's not designated solely as a classroom space, it has been booked for all forms of community gatherings, including club meetings, parties, and instructional sessions, making it an ideal beacon for student engagement.

"It can be a space where folks are quietly prepping or studying, or a space where folks are talkative, joking, singing and playing games."

– Elizabeth Beddall

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Academy of Learning focuses on the needs of the students. The school does this by offering continuous intake throughout the year, flexible scheduling and diversity in program options.

Students can also complete their program of choice in less than a year, so they can get out into the workplace much faster than students at many other institutions.

"Discover how Academy of Learning has helped thousands of Albertan's find their perfect career in health care, business, technology and so much more," Jarvis says.

For more information about Academy of Learning and the programs available, visit academyoflearning.ab.ca.

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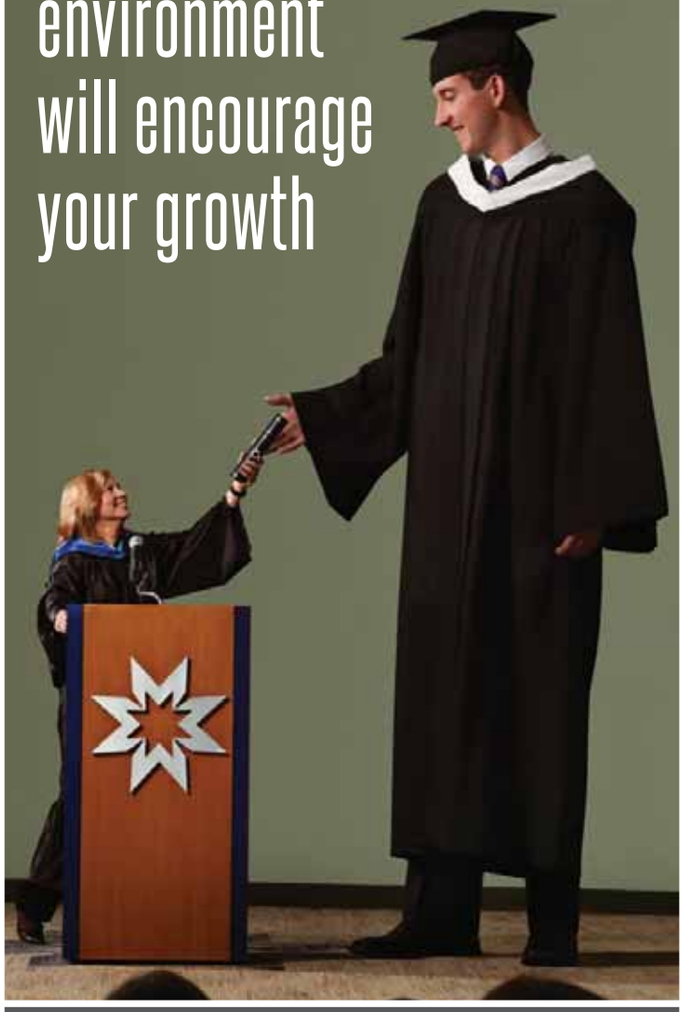

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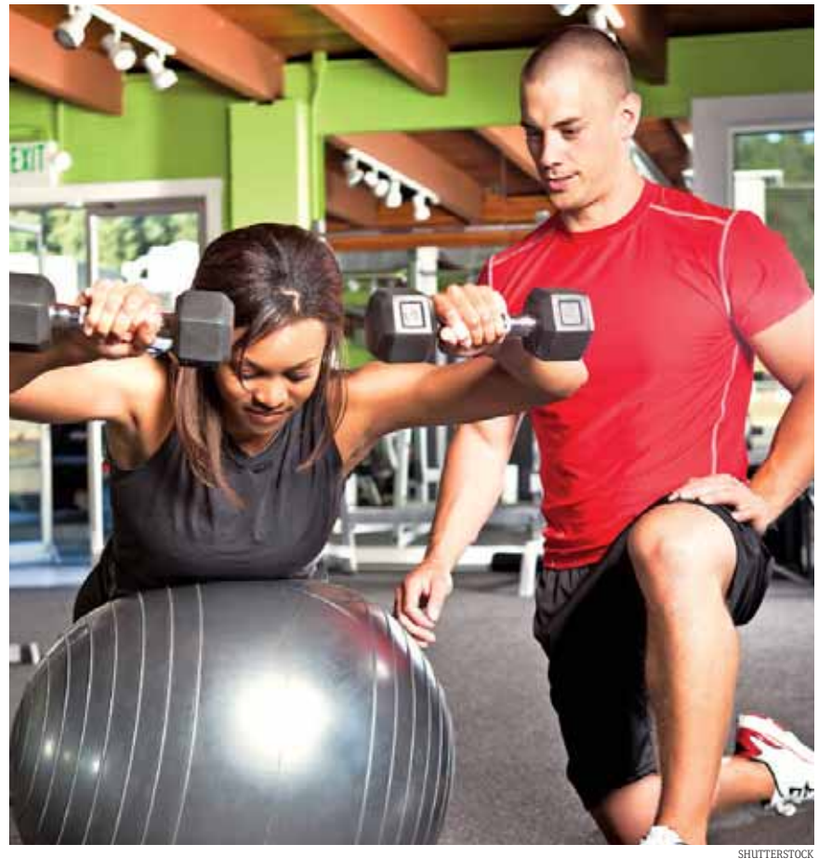

SHUTTERSTOCK

A healthy lifestyle awaits you with MRU

The personal fitness trainer diploma program offered through the Mount Royal University faculty of continuing education and extension is much more than gym workouts — students learn anatomy, physiology and pathology, and how to integrate fitness with other health professionals.

"Our academic focus recognizes the current trends in health and wellness in Canada, and we have three distinct and separate courses built into our curriculum to address an aging population, injury/chronic conditions, and children, growth and development," says Elaine Ori, program co-ordinator, community and health studies, faculty of continuing education and extension, MRU.

"This provides an excellent foundation for our students who will be able to apply and transfer this knowledge to a broad population base and increase their confidence within their scope of practice."

Since transitioning from the 10-month certificate into the two-year diploma program in 2012, MRU is continually making changes to this program to support and facilitate the learning process for students. This has included blending some of the fundamental classes. An example is human anatomy, where students from other continuing education health-focused programs provide

CONTRIBUTED

a chance to learn from others outside their specific program.

"Now students from the personal fitness trainer diploma who wish to continue on to the bachelor of health and physical education degree will be able to receive credit for up to a year of their completed studies," Ori says. "The synergies between our departments are strong, and it is our hope that students looking to further their education after completing the PFT diploma will stay at MRU and with some of the instructors they have already come to know."

Students also have the opportunity to take part in some unique practicum experiences. For example, MRU was involved in the Calgary Flames health training camp in January.

For more, visit conted.mtroyal.ca/pft.

INTEGRATE INTO CHILD CARE

CONTRIBUTED

Through integrated training offered at Columbia College, language does not need to be a barrier that prevents one from pursuing their desired career.

The integrated training child care assistant program allows students who would otherwise be unable to gain employment as a certified child care assistant to have the extra time and attention needed to further their English skills to work in their chosen field.

"The child care assistant program is a great option for students because many of them would like to work in the child care industry, but they do not have the knowledge and experience needed in this country," says Tammy Johnston, integrated training facilitator for the child care assistant program at Columbia College. "We can help them to gain this knowledge and prepare them in class and through work experience."

In class they learn about child development, Canadian child care procedures, possible situations they may face at work, and how to create educational items and lessons for children.

The small class size gives them the opportunity to ask questions and discuss any area when they need further information.

"Students gain a great deal of confidence in themselves through this program as they increase their English language skills, both verbally and written," Johnston says.

Students may qualify for human services grant funding to take this program.

For more information, visit columbia.ab.ca.

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Residence gives you the full university experience

Ambrose University

There is no better way to get the full university experience than living on campus in the student residence.

By living in student residence at Ambrose University, students are surrounded by the school's culture and become part of the community.

"Living in residence provides an automatic opportunity to integrate into a community that already exists," says Jen Snoxell, residence director, Ambrose University. "Because there is a significant percentage of upperclassmen on every floor, new students have the advantage of stepping into a culture that has already been established."

Students can look forward to a robust community life with weekly floor meetings, social events, and small groups. They will experience being part of a floor with 20 to 25 other students that is led by an RA (residence assistant), who is typically a student in their third or fourth year.

Living in residence also provides students with excellent proximity to the main Ambrose campus, the library, the cafeteria, and the gym. Being so close to these services can also lead to greater student success.

"Living in residence enhances student success because of the peer support that is available, as well as access to the library and professors is quick and easy on campus" Snoxell says.

For more information or to apply for residence, visit ambrose.edu.

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TRAINING RESEMBLES REAL LIFE

AT ABM COLLEGE

Hands-on training at ABM College focuses on training students for the pressures and challenges they will face while on the job after completion of their programs.

To assist students with accurate hands-on training, ABM College is equipped with functioning labs and clinics on campus.

"The lab is set up to resemble real life with the supply carts like the supply carts in hospitals and the mannequins are as real life as possible," says Amber Bobyk, health-care aide (HCA) instructor with ABM College. "We spend as much time in the lab as the course allows, with an emphasis on patient care in real life situations."

For jobs that are hands-on, it is important for schools to prepare students to confidently enter the workforce with the skills they learned in school.

"The textbook is the 'knowing' part of the job, which is 50 per cent of being an HCA, but the lab is the 'doing,' and that's the other 50 per cent of being an HCA," Bobyk says. "When a student comes out of the course and goes to practicum, I know our students are prepared to care for people in a real setting because of the extensive time we've spent in the lab."

For more, visit abmcollege.com.

Attention Hair & Beauty students: How to avoid the 5 big mistakes students make when choosing a college.

It's true...many would-be students sign up for courses thinking that all accredited colleges are the same...then realize months later that the course isn't exactly the right one for their chosen future career in the hair and esthetics industry. There are 5 basic questions you must get answers to before you sign on the dotted line, otherwise you could be making some expensive - and time consuming mistakes.

At the National Institute of Wellness and Esthetics, we've helped literally hundreds of students qualify for their dream job, and we know ALL the pitfalls. Call us on 587 361 9024 NOW and we'll walk you through those 5 crucial questions - after all, knowledge is power when it comes to negotiating your way through the training obstacle course.

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The benefits of participating in improv during school

SHUTTERSTOCK

After mustering up the courage to audition for the school play in Grade 10, Laura Thornton, now 28, was approached by her drama teacher, who suggested she join a few other students at lunch hour to play improvisational games.

In a surreal turn of events, the group entered the Canadian Improv Games on a whim, won regionals and wound up representing Nova Scotia at the national tournament.

"I was hooked from my first practice and 12 years later still try to jam as much as possible," says Thornton, crediting her exposure to the spontaneous form of theatre to her success both academically and in the working world. She is the group sales co-ordinator for Neptune Theatre in Halifax, the manager of Halifax Circus and a freelance PR consultant.

"Trusting my impulses allowed me to flourish in school," Thornton says. "I credit my improv background and training in helping me focus and stay committed to being the best I could be academically."

Thornton is not alone in singing the praises of improvisational theatre as a tool that helps to hone the skill of being a successful student.

Briana Rayner, national administrative director of the Canadian Improv Games, has witnessed young people flourish in this world of trust, openness and fun.

"I was working with a young woman who started improvising and what it gave her was an ability to be present," Rayner says. "So instead of being caught up in her own thoughts she was then able to stay present to those around her and listen more actively and to build on what they were saying. She was able to be with the people she was with and properly work with them."

Rayner adds that improv training can be invaluable to students who dread the approach of a school presentation, or who have trouble finding their voice when thrown into an assignment with a team.

– *Elizabeth Beddall*

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Manage projects efficiently

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The project management in construction extension certificate offered through Mount Royal University provides students with an introduction to the challenges of managing projects in the construction industry.

At the end of the six-course certificate students will be familiar with project management best practices and understand how to apply this knowledge in real-world situations thanks to extensive case studies and in- class exercises.

"Students tell us that they are able to apply what they learn in this program immediately in their career and, in many cases, they wish they had taken the course sooner so that they could have avoided some common project management mistakes," says Matt Luik, instructor at MRU, and infrastructure manager at MMM Group Limited in Calgary. "Many of our students really appreciate the flexibility that the online courses offer them because it allows them to fit their studies around their busy work and family lives."

In 2014, the project management in construction extension certificate became available in the online delivery format. Students can now choose whether to take courses on campus, online or through a combination of both options.

The online courses are media-rich and use online discussion boards to replicate the traditional classroom environment.

The program was recently approved for Gold Seal Certification through the Canadian Construction Association.

"MRU is a leading provider of continuous education courses and is a registered education provider with the Project Management Institute," Luik says.

This program can be completed within one semester, or up to three years, and students will learn from industry experts.

"Our instructors are project management professionals with deep industry experience and a passion for sharing their knowledge with those who want to take their career to the next level," Luik says.

For more about this program, please visit conted.mtroyal.ca/pmconstruction.

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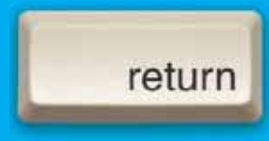
Check out all of your options at bowvalleycollege.ca/yourfuture

BOW VALLEY COLLEGE



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MOUNT ROYAL UNIVERSITY
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Gain a competitive edge

From Reeves College

Heading back to school was a difficult, but obvious decision for paralegal graduate Tyra S. As a single mother working two jobs, she barely had any time to spend with her daughter.

"There was no kind of job security there and no long-term benefits," Tyra says. "I wanted to prove something to her, that school is a good thing. I wanted to be a role model, or more of one."

Inspired by the success of one of her good friends, who had recently graduated from Reeves College, Tyra decided to enrol in the paralegal program so she could better support her family. During her practicum placement, she worked alongside a review and assessment officer, where she had to meticulously document and ensure all files were correctly organized and that paperwork was completed and submitted punctually and accurately. Her hard work and dedication soon paid off when she was hired by the firm where she completed her practicum placement.

According to the Government of Canada, the "unemployment rate is relatively low in this field." With the job outlook projected to continually increase over the next few years, those passionate about pursuing a career in the legal industry should take advantage of this growth.

For more information on Reeves College's paralegal program, call 1-800-533-1457 or visit study.reevescollege.ca.

ADVERTISING FEATURE

Pursue your passion for languages

With a bachelor of arts majoring in Spanish, pursue your passion for languages and cultures, and add a minor in French and linguistics to complement any Mount Royal degree.

"The major in Spanish takes students from beginner's level to fluency, and opens many doors in Mexico and Spanish-speaking countries beyond," says Gilles Mossière, chair, department of languages and cultures.

In addition to courses on reading, writing and oral communication, students can also explore literature, translation and film.

"The department also offers a minor in French, an undeniable asset since Canada is a bilingual country," Mossière says.

Students can also take classes in Chinese, German, Italian, and Japanese.

Through a minor in linguistics, they can explore the structure of language, its universal properties, and first and second language acquisition.

Latin American studies teaches them about the region's complex social and cultural environment. And through romance studies, they come to understand the common and unique features of groups inhabiting the Mediterranean basin.

Students specializing in languages commonly pursue careers in international aid, government and non-government organizations, as immigrations support workers, as journalists, language teachers, and interpreters at museums and heritage sites.

CONTRIBUTED

NHL

Stamkos' 3-point night helps Bolts hammer Habs

Steven Stamkos had two goals and added an assist and the Tampa Bay Lightning beat the Montreal Canadiens 4-2 Monday night in a matchup of the Atlantic Division's top teams.

Both have 93 points, but Montreal has played one game less.

Valtteri Filppula and Victor Hedman also scored for the Lightning, who have outscored Montreal 16-5 in winning all four games between the teams this season.

Montreal, which lost for the sixth time in eight games (2-4-2), got goals from Tomas Plekanec and Pierre-Alexandre Parenteau. THE ASSOCIATED PRESS

GMs talk goalie interference, diving to begin meeting

Crease presence, goaltender interference and embellishment were some of the things discussed on Day One of the NHL general managers meeting.

Hardly the sexiest issues in hockey.

"These things seem anal until you get into Game 6 or 7 of the playoffs," director of hockey operations Colin Campbell said. "They're not anal anymore, they're important. So it's relevant that we take care of these things that might sound minor to you guys right now, but they're major elements come the playoffs."

The big topic of 3-on-3 overtime will wait until Tuesday. THE CANADIAN PRESS

Jennifer Jones' Canada rink face Aileen Sormunen of the U.S. (0-5) and Denmark's Lene Nielsen (0-5) on Tuesday in Sapporo, Japan.
RYOSUKE UEMATSU/KYODO NEWS/THE ASSOCIATED PRESS

Jones tied for 1st place after Monday 'fun day'

Curling. Canada wins two matches to join Japan, Switzerland, Russia atop standings at world championship

Canada's Jennifer Jones earned two victories Monday to move into a first-place tie at the women's world curling championship in Sapporo, Japan.

The Winnipeg skip topped China's Sijia Liu 7-1 in the morning draw and then held off Russia's Anna Sidorova 7-5.

"I was happy with how we played — we finally had two games back to back where we played well and made some big shots and some big draws," Jones said. "It was a big win, so we're happy."

Jones and her team of third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen were tied with Russia, Japan and Switzerland at 4-1.

In the late game, Canada went ahead to stay in the seventh end when Lawes made an in-turn draw behind cover that the Russians couldn't remove. That allowed Jones to make an open hit for two for a 6-3 lead.

Canada's world drought

A Canadian team hasn't won gold at this event since Jones did so in 2008. Canada leads all countries with 15 gold medals and 31 podium appearances at the world championship since 1979.

Russia would pull within one with a pair in the ninth. But two perfect ticks from McEwen started the 10th end and Jones finished it with a draw to the button for the win.

"That was a fun day, it felt good," said McEwen. "We picked it up after our loss to Sweden (on Sunday) and it feels like things are starting to fall into place. We made some shots and Jen made a pistol there for the win, so that felt great."

In the early game against China, Jones scored a deuce in the third and added singles in four of the next five ends.

McEwen had a strong effort in both games. She threw at an 88 per cent clip against China and was at 87 per cent against Russia. THE CANADIAN PRESS

4 SPORTS

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Torn ligament benches Wheeler for season

Surgery. New York Mets' hopes for World Series dim without star pitcher

Mets pitcher Zack Wheeler has a torn elbow ligament, a blow to a team hoping to compete for the playoffs following Matt Harvey's return from Tommy John surgery.

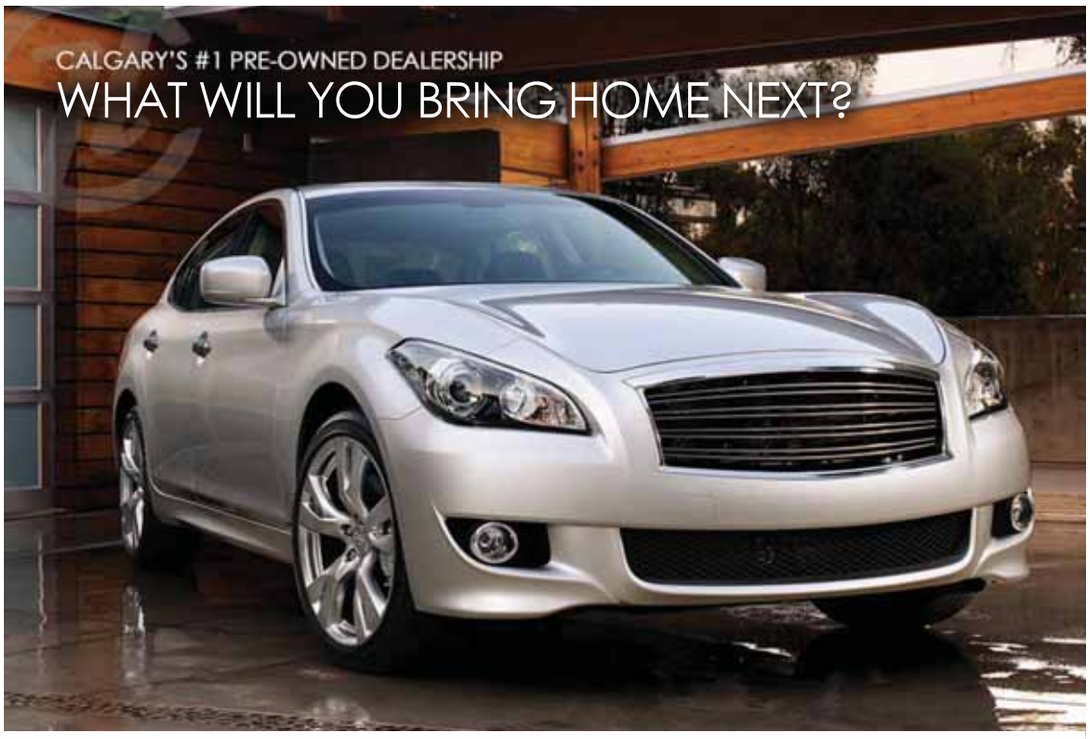
Mets general manager Sandy Alderson said Wheeler has a complete tear, all but guaranteeing the 24-year-old right-hander will need elbow-replacement surgery and miss the 2015 season.

"I feel terrible for Zack, especially the way he finished last year," Mets manager Terry Collins said. "For this to happen at this time, I'm sure he's really down about it. But we're going to have to move on."

Wheeler had MRIs of his elbow in late September, January and Saturday, and Mets general manager Sandy Alderson said the first two did not show any ligament damage. The team did not restrict Wheeler's throwing program during the first three weeks of spring training, even though there was concern about his elbow.

Wheeler had his latest MRI on Saturday in Port St. Lucie. The scan was reviewed Monday at the Hospital for Special Surgery in New York and he was preliminarily diagnosed with a torn ulnar collateral ligament. The Mets said Wheeler planned to travel Monday or Tuesday to New York to confirm the diagnosis and discuss with the team medical director on how to proceed. THE ASSOCIATED PRESS

The Mets' playoff aspirations took a hit when it was announced Monday that Zack Wheeler will have likely season-ending elbow surgery.
EZRA SHAW/GETTY IMAGES



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Tennis

Bouchard wins in straight sets

Eugenie Bouchard defeated CoCo Vandeweghe 6-3, 6-2 Monday to reach the fourth round of the BNP Paribas Open. The sixth-seeded Canadian faced a break point on her serve in the last game before hitting a forehand winner on her second match point. Vandeweghe had 24 unforced errors in the third-round match, the farthest the American has gotten at Indian Wells in four tries. THE ASSOCIATED PRESS

NBA

Pacers can't keep up with Raptors

Kyle Lowry had 20 points, 11 rebounds and 10 assists, Lou Williams scored 24 points, and the Toronto Raptors pulled away for a 117-98 victory over the Indiana Pacers on Monday night.

The Raptors (40-27) set a franchise record by earning their 40th win in just 67 games. They had never achieved that feat in fewer than 70.
THE ASSOCIATED PRESS

Cavs feel the Heat in Miami

LeBron James of the Cleveland Cavaliers falls to the floor during Monday night's game against the Heat at American Airlines Arena in Miami. Dwyane Wade scored 21 of his 32 points in the first half, Goran Dragic added 20 and the Heat handed James another loss on his former home floor with a 106-92 victory. MIKE EHRMANN/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If there is something you need to get finished, get on with it. When the Sun moves into your sign Friday there will be so many new things to focus on you won't have time.

♉ Taurus
April 21 - May 21
Don't get annoyed if people get on your nerves. The problem is you, and the closer you get to Friday's eclipse the more sensitive you will be.

♊ Gemini
May 22 - June 21
You usually manage to get what you want. The only problem is you may be so heavy-handed that even your friends will get annoyed. Think before you speak or act.

♋ Cancer
June 22 - July 23
You will have no trouble asserting yourself but with Venus, planet of harmony, moving into the friendship area of your chart why not charm your way to success?

♌ Leo
July 24 - Aug. 23
Do something dynamic over the next 24 hours. This is also a good time to take a vacation — so long as it's the kind where you are active.

♍ Virgo
Aug. 24 - Sept. 23
You will find it easier to talk to colleagues without some kind of fight breaking out now Venus is moving into a more positive area of your chart.

♎ Libra
Sept. 24 - Oct. 23
How you react to people will determine how well you do financially and career-wise over the next few months. Go out of your way to find solutions to existing problems.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been working on is no longer worth the effort, so let it go. Later this week a change of pace will be necessary. Slow down!

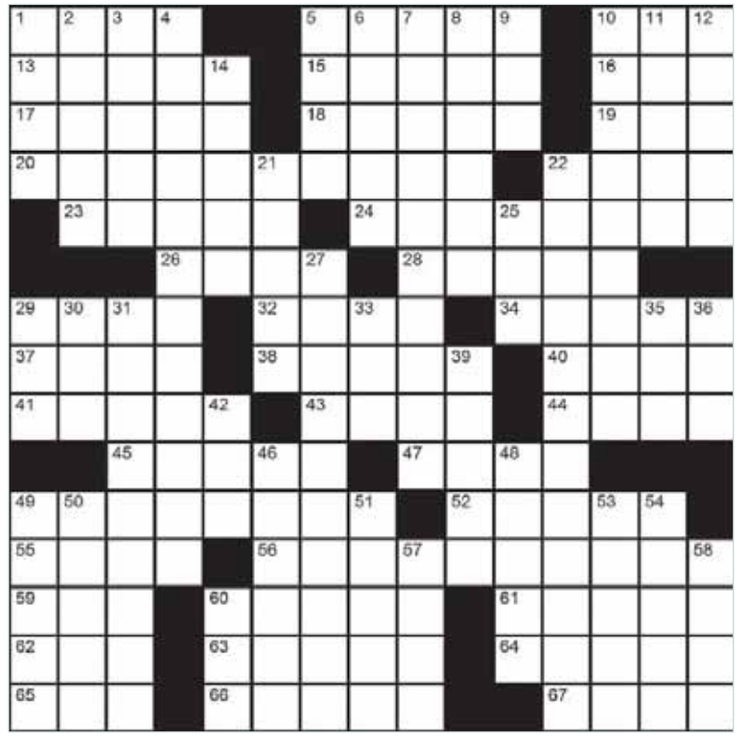
♐ Sagittarius
Nov. 23 - Dec. 21
Start something new today. When the Sun changes signs at the end of the week you will find it suddenly takes off — and your reputation will take off with it.

♑ Capricorn
Dec. 22 - Jan. 20
If someone says something that annoys you today you must let them know you are not amused. Nip it in the bud.

♒ Aquarius
Jan. 21 - Feb. 19
You have been unusually quiet of late but when the Sun changes signs on the 20th you will find your voice again.

♓ Pisces
Feb. 20 - March 20
Put financial considerations first today, especially if you are the kind of Pisces who usually does not have a clue how much is coming in and how much is going out. Cut back on now or suffer later on.

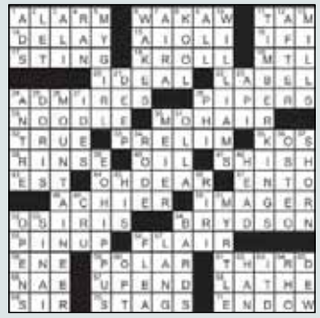
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Clutch
5. Style of dance
10. Peak of Crete, Mount __
13. Soap star Ms. Sofer's
15. It's the 'Fountain' of "Three Coins in the Fountain" (1954)
16. Fam. member
17. "Oooh, go jump in __!"
18. Encourages
19. "Monsters, __." (2001)
20. Meal preparation item: 2 wds.
22. Mount of Greece
23. Prefix to 'metre'
24. Manitoba community northwest of Winnipeg
26. Audacity
28. Respond
29. Frolic
32. Condition
34. "The __ Birds" ('80s miniseries)
37. "Bye!"
38. Keanu Reeves movie
40. Countryside creatures
41. Carpenters hit: "For __ __ Know"
43. Rock band, __ Earth
44. Miss White
45. Construe
47. Jazz singing style
49. AABBA pattern, fitting for March 17th
52. Tapestry wall-hanging
55. 'Origin' suffix
56. The __ (Traditional band of Eire)
59. __ mask (Spa offering)
60. Ms. Rimes
61. Worried
62. Prior
63. Goody-goody
64. Irritating individual
65. '75-premiering NBC show
66. Sub instrument
67. Nastassja Kinski title role

Down
1. 1. 'Tele' suffix
2. "The Beachcombers" role
3. Have __ __ to grind
4. Product by since 1897 Canadian food brand Magic: 2 wds.
5. Ticket tidbit
6. Archer's need
7. Dancer's rehearsal wear: 2 wds.
8. Slender
9. Three-toed sloths
10. New Brunswick community, a place perfect for St. Paddy!
11. Crowded
12. Rio Tinto __ (Montreal-based aluminum company)
14. Austrian actress Ms. Berger
21. Golden coatings
22. Theatrical stage area for musicians: 2 wds.
25. Consume
27. 1993 Jennifer Aniston movie with the tagline 'Your luck just ran out.'
29. Elvis record label
30. Well driller's exclamation!
31. GQ Magazine poser: 2 wds.
33. Actor Stephen
35. Speedwagon's lead-in
36. Australian state [acronym]
39. Morning drink selection
42. Eire's locale, for short
46. Roman orator
48. Conductor Mr. Rodzinski
49. Illuminators
50. "Where do _ __?" (Direction-needer's query)
51. Sorta
53. Supermarket lane
54. Daggers
57. Power [abbr.]
58. Li'l water channels
60. 33.3 rpm-ers

Yesterday's Crossword

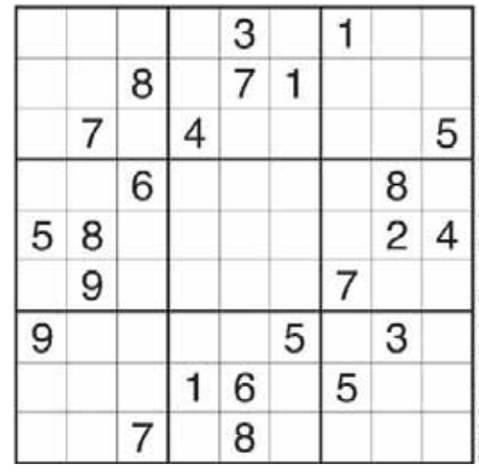


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

1	9	4	5	3	2	8	6	7
2	3	8	7	6	1	9	4	5
6	7	5	9	8	4	3	1	2
7	2	3	6	5	8	4	9	1
8	6	1	4	7	9	5	2	3
4	5	9	1	2	3	6	7	8
9	1	2	3	4	5	7	8	6
5	8	7	2	9	6	1	3	4
3	4	6	8	1	7	2	5	9

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